

LUNCH

AND BREAKFAST

January 2014

Knox Middle School

Fitness Tip

Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

❁ **monday**

❁ **tuesday**

❁❁ **wednesday**

❁❁ **thursday**

❁❁❁ **friday**



The USDA is an equal opportunity provider and employer.

Milk and fruit are served with all meals

Menu is subject to change

No charging!

6

Blueberry Waffles

Pork Tenderloin/Bun
Sweet Potato Fries
Celery Sticks/Peanut Butter
Pears

7

Biscuits/Gravy

Chicken Fajitas
Refried Beans
Broccoli
Peaches - Churro

8

Breakfast Bagel

Ravioli
Texas Garlic Toast
Side Salad
Peas - Applesauce

9

Sausage Egg Muffin

Pepperoni Pizza
Baked Cheetos
Green Beans – Carrot Sticks
Blue Rasp Slushie

10

Cereal/Grahams

Chicken Patty/Bun
Cauliflower
Carrot Sticks
Mandarin Oranges

13

Berry French Toast

Turkey Sandwich
Oven Fries
Celery Sticks/Peanut Butter
Peaches

14

Biscuits/Gravy

Taco
Refried Beans
Broccoli
Mixed Fruit - Churro

15

Pop Tart

Salisbury Steak
Bread Stick – Side Salad
Mashed Potatoes and Gravy
Peas – Cinnamon Apples

16

Ham/Cheese Pretzel

Pizza Bites
Pretzel/Cheese Sauce
Green Beans – Carrot Sticks
Blue Rasp Lemonade Slushie

17

Cereal/Grahams

Chicken Tenders
Dinner Roll - Corn
Mashed Potatoes and Gravy
Pineapple

20

Strawberry Pancakes

Hamburger/Bun
Ruffles – Baked Beans
Celery Sticks
Pears

21

Biscuits/Gravy

Walking Taco
Refried Beans
Broccoli
Peaches - Churro

22

Trix Yogurt/Muffin

Rotini/Meat Sauce
Bread Stick
Side Salad – Peas
Applesauce

23

Sausage Egg Muffin

Sausage Pizza
Doritos
Green Beans – Carrot Sticks
Sour Apple Slushie

24

Cereal/Grahams

Sweet/Sour Chicken
Rice – Egg Roll
Oriental Veggies – Corn
Mandarin Oranges

27

Cinnamon Toast

Ham/Cheese Pretzels
Potato Cheese Bake
Celery/Peanut Butter
Pineapple

28

Biscuits/Gravy

Nachos
Refried Beans
Broccoli
Mixed Fruit - Churro

29

Breakfast Burrito

Gyro
Oven Fries
Side Salad – Peas
Applesauce

30

Ham/Cheese Pretzel

Cheese Pizza
Pretzels
Green Beans – Carrot Sticks
Strawberry Mango Slushie

31

