

# September 2020

## September JR/SR High Menu

### LUNCH



#### Weekly Specials:

Aug 31-Sept 4: Knight Bites (sliced Ham, Cheese, Crackers, Scooby Doo Grah)

Sept 7-11: Sub Sandwich

Sept 14-18: Yogurt and Muffin

Sept 21-25: Knight Bites

Sept 28-30: Sub Sandwich



### Monday

Personal Pan Pizza  
Ice Cream Cup, Romaine  
Broccoli, Craisins, Fresh Fruit  
Milk of Choice

### Tuesday

Breaded Pork Chop **1**  
Mashed Potatoes, Corn  
Butter Pat, Gravy, B&B Sandwich  
BBQ, K, M  
Fresh Fruit, Pears  
Milk of Choice

### Wednesday

Totally Tacos, Chicken or  
Cheese Quesadilla, Salsa **2**  
Sour Cream  
Baby Carrots, Cherry Tomatoes  
Fresh Fruit, Fruit Slushie  
Milk of Choice

### Thursday

Chicken Alfredo **3**  
Breadstick, Parmesan Cheese  
Green Beans, Cucumber  
Pineapple  
Fresh Fruit  
Milk of Choice

### Friday

Chicken Patty on WG **4**  
Bun, BBQ, Pickle, K, M,  
Mayo, Tater Tots  
Shredded Lettuce  
Applesauce, Fresh Fruit  
Milk of Choice

**7**

No School

**8**

Walking Tacos or Soft  
Shell, Salsa, Sour  
Cream, Refried Beans  
Shredded Lettuce  
Fresh Fruit, Peaches  
Milk of Choice

**9**

Chicken Tenders  
Mashed Potatoes  
Gravy, Corn, K, M, BBQ, Honey  
Mustard, Pears, Fresh Fruit  
Milk of Choice

**10**

French Toast Sticks  
Sausage Links  
Omelet, Syrup  
Hash Brown Patty  
Strawberries & Bananas, Fresh  
Fruit, Milk of Choice

**11**

Corn Dog or  
Cheddarwurst on WG  
Bun, K, M, Baked Beans, Chips  
Baby Carrots  
Mandarin Oranges, Fresh Fruit  
Milk of Choice

**14**

Orange Chicken, WG  
Roll, Brown Rice,  
Fortune Cookie  
Broccoli, Baby Carrots  
Fresh Fruit, Pineapple  
Milk of Choice

**15**

Spaghetti  
Cheesestick, Parmesan  
Cheese, Green Beans  
Peppers, Fresh Fruit, Applesauce  
Milk of Choice

**16**

Chicken Nuggets  
WG Chips  
K, M, BBQ, Honey Mustard  
Cherry Tomatoes, Cucumbers  
Fresh Fruit, Mandarin Oranges  
Milk of Choice

**17**

Beef Nachos with WG  
Chips or Soft shell Taco  
Refried Beans, Salsa, Sour  
Cream, Shredded Cheese  
Shredded Lettuce, Pears, Fresh  
Fruit, Milk Choice

**18**

Hamburger on WG Bun  
Oven Fries  
Cheese Slice  
K, M, Pickle, Celery  
Peaches, Fresh Fruit  
Milk of Choice

**21**

Personal Pan Pizza  
Ice Cream Cup  
Romaine, Celery  
Craisins, Fresh Fruit  
Milk of Choice

**22**

Breaded Pork Chop  
Mashed Potatoes, Corn  
Butter Pat, Gravy, B&B Sandwich  
BBQ, K, M  
Fresh Fruit, Pears  
Milk of Choice

**23**

Totally Tacos, Chicken or  
Cheese Quesadilla, Salsa  
Sour Cream  
Baby Carrots, Cherry Tomatoes  
Fresh Fruit, Fruit Slushie  
Milk of Choice

**24**

Lasagna  
Breadstick, Parmesan  
Cheese, Green Beans  
Cucumbers  
Pineapple, Fresh Fruit  
Milk of Choice

**25**

Chicken Patty on WG Bun  
BBQ, Pickle, Mayo, K  
Tater Tots, Shredded Lettuce  
Applesauce, Fresh Fruit  
Milk of Choice

**28**

BBQ Rib or Chicken  
Club on WG Bun, Oven  
Fries, BBQ, K  
Broccoli, Fresh Fruit  
Pineapple Chunks  
Fruit of Choice

**29**

Crispito  
Spanish Rice, Salsa, Sour Cream  
Shredded Lettuce  
Fresh Fruit, Peaches  
Milk of Choice

**30**

Chicken Tenders  
Mashed Potatoes  
Gravy, Corn, K, M, BBQ, Honey  
Mustard, Pears, Fresh Fruit  
Milk of Choice

