

# January

## JHS & Knox Lunch Menu 2019



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Pay for School meals at:</b> Myschool-bucks.com</p> <p><b>Menus subject To change</b></p>	<p>NO SCHOOL</p> 	<p>Superintendents Conference day</p> 	<p>Chicken Pattie On WG Bun Corn Fresh Apples</p> <p>3</p>	<p>Assorted Pizzas Broccoli Fresh Oranges</p> <p>4</p>
<p>Loaded Beef Nachos Toppings Bar Refried Beans Peach Cup</p> <p>7</p>	<p>General Tsos Chicken Brown Rice Broccoli Fresh Apples</p> <p>8</p>	<p>Build a Burger On a WG Bun Toppings Bar Carrots Mixed Berry Cup</p> <p>9</p>	<p>Popcorn Chicken Snowman Pretzel Corn Applesauce Cup</p> <p>10</p>	<p>Assorted Pizzas Green Beans Chefs Choice Fruit</p> <p>11</p>
<p>Hot Dog On a WG Bun Baked Beans Strawberry Cup</p> <p>14</p>	<p>Meatball Parm On WG Sub Roll Green Beans Tropical Fruit</p> <p>15</p>	<p>BBQ Chicken Wraps w/ Cheddar Cheese &amp; Red onions Broccoli Fresh Apples</p> <p>16</p>	<p>Grilled Cheese Tomato Soup Carrots Assorted Crasins</p> <p>17</p>	<p>Assorted Pizzas Corn Chefs Choice Fruit</p> <p>18</p>
<p>NO SCHOOL</p> 	<p><b>JHS REGENTS</b> Knox Only Mozzarella Sticks Dipping Sauce WG Dinner Roll Carrots Mixed Fruit Cup</p> <p>22</p>	<p><b>JHS REGENTS</b> Knox Only Chicken Nuggets WG Dinner Roll Baked Beans Fresh Apples</p> <p>23</p>	<p><b>JHS REGENTS</b> Knox Only Orange Chicken Brown Rice Green Beans Applesauce Cup</p> <p>24</p>	<p><b>JHS REGENTS</b> Knox Only Assorted Pizzas Broccoli Chefs Choice Fruit</p> <p>25</p>
<p>Pizza or Buffalo Crunchers Broccoli Mixed Berry Cup</p> <p>28</p>	<p>Build a Burger On a WG Bun Toppings Bar French Fries Strawberry Cup</p> <p>29</p>	<p>Chicken Tenders Bread Stick Carrots Fresh Apples</p> <p>30</p>	<p>Turkey &amp; Gravy Mashed Potatos Dinner Roll Corn Applesauce Cup</p> <p>31</p>	<p><b>Lunch ALT meals</b> <b>Monday—Friday</b> <b>PB&amp;J or</b> <b>Hamburger on</b> <b>WG Bun</b></p>