

# SEPTEMBER 2023

## Knox Lunch Menu 5<sup>th</sup>- 7th Grade

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**1**
**Labor Day  
No School**
**4**
**Superintendent's  
Conference Day**
**5**

 Crispy Chicken Sandwich  
 Seasoned Curly Fries  
 Steamed Mixed Vegetables  
 Assorted Fruit  
**NYS Milk**
**6**

 Corndog  
 Baked Potato Chips  
 Yogurt  
 Carrot Sticks  
 Fruit Choice & 100% Juice  
**NYS Milk**
**7**

 Cheese Pizza  
 Fresh Veggie Cup w/Dip  
 Fruit Choice  
**NYS Milk**
**8**

 French Toast Sticks  
 Sausage Links & Home Fries  
 100% Orange Juice  
 Fruit Choice & Syrup Cup  
**NYS Milk**
**11**

 Ultimate Nachos  
 (taco meat, cheese, black bean)  
 Fresh Veggies w/ Dip  
 Salsa Cup & Fruit Choice  
 Sour Cream Cup  
**NYS Milk**
**12**

 Popcorn Chicken (12pc)  
 Mashed Potatoes w/Cheese & Gravy  
 Dinner Roll & Corn  
 Fruit Choice  
**NYS Milk**
**13**

 Pineapple Teriyaki Chicken  
 White Rice & Egg Roll  
 Garlic Green Beans  
 Fruit Choice  
**NYS Milk**
**14**

 Cheese Pizza  
 Steamed Mixed Vegetables  
 Fruit Choice  
**NYS Milk**
**15**

 Toasted Ham & Cheese  
 Croissant  
 Goldfish Crackers  
 Peas & Carrots  
 Fruit Choice  
**NYS Milk**
**18**

 Cheesy Breadstick (2ea)  
 Marinara Sauce Cup  
 Steamed Broccoli  
 Fruit Choice  
 Cookie  
**NYS Milk**
**19**

 Chicken Nuggets  
 Warm Garlic Knot  
 Fresh Veggie with Hummus  
 Fruit Choice  
**NYS Milk**
**20**

 Cheeseburger on a Bun  
 French Fries  
 Cucumber Sticks & Dip  
 Fruit Choice  
**NYS Milk**
**21**

 Cheese Pizza  
 Steamed Mixed Vegetables  
 Fruit Choice  
**NYS Milk**
**22**

 Breakfast Griddler Maple  
 Pancake Sandwich  
 Home Fries & Syrup Cup  
 Fruit Choice & 100% Juice  
**NYS Milk**
**25**

 Chicken & Cheese  
 Quesadilla  
 Goldfish  
 Fruit & Veggie Cup  
 Salsa Cup & Sour Cream  
**NYS Milk**
**26**

 Chicken Patty Sandwich  
 Sun Chips & Pasta Salad  
 Roasted Broccoli  
 Fruit Choice  
**NYS Milk**
**27**

 Macaroni & Cheese  
 Fresh Veggie Cup  
 Warm Cinnamon Apples  
 Fruit Choice  
**NYS Milk**
**28**

 Cheese Pizza  
 Steamed Mixed Vegetables  
 Fruit Choice  
**NYS Milk**
**29**


We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider

In collaboration with



# September 2023

## Breakfast and Alternate Lunch Options

### Breakfast Choices:

**Monday:** Whole Grain Muffins & Yogurt, Assorted Cereal with Graham Crackers, Bagel w/ Cream Cheese.

**Tuesday:** Mini French Toast/Waffles, Assorted Cereal with Graham Crackers, Bagel with Cream Cheese.

**Wednesday:** French Toast Sticks, Assorted Cereal with Graham Crackers, Bagel w/ Cream Cheese.

**Thursday:** Fresh Baked Donut, Assorted Cereal with Graham Crackers, Bagel w/ Cream Cheese.

**Friday:** Assorted Cereal with Graham Crackers or Bagel w/ Cream Cheese.

**\*\*Served with:** 100% fruit juice, fruit of the day, and milk\*\*.

### Alternate Lunch Options:

**WEEK 1:** 2 Muffin (2 oz), 4oz yogurt, string cheese meal kit. (9/6-9/8)

**WEEK 2:** Pita Pizza meal kit. (9/11-9/15)

**WEEK 3:** Bagel, 4 oz yogurt, string cheese meal kit. (9/18-9/22)

**WEEK 4:** Turkey & cheese sandwich. (9/25-9/29)

**\*\*Served with:** Veggie of day, fruit, and choice of milk.

**\*EVERYDAY ALWAYS AVAILABLE:** Uncrustable PB & Jelly Sandwich with String cheese.



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

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Menus are pork free