



# North Knox JR/SR High School

October 2017

02

Spaghetti and Meatballs With Breadstick

Steamed Peas

03

Fish Sticks & Macaroni & Cheese

Green Beans

04

Breaded Chicken Drumstick With Corn Muffin

Mashed Potatoes

05

Baked Lasagna With Roll

Steamed Broccoli

06

Sweet and Sour Chicken With Rice and Broccoli Egg roll

Steamed Broccoli

09

Corn Dog  
Potato Wedges

10

Baked Rotini with Breadstick

Green Beans

11

Broccoli and Cheese Potato W/ soft pretzel

Orange-glazed Carrots

13

General Tso Popcorn Chicken w/ broccoli & rice

Steamed Broccoli

16

ENJOY

17

YOUR

18

FALL

19

BREAK

20

23

Breaded Mozzarella Sticks w/ marinara sauce

Steamed corn

24

Chicken and Noodles w/ roll

Mashed Potatoes

25

Orange Popcorn Chicken w/ broccoli  
Vegetarian fried rice

Steamed carrots

26

Spaghetti Carbonara w/ Peas, bacon & chicken bread stick

Green Beans

27

Chili con Carne  
Steamed Broccoli

30

Salisbury Steak w/ gravy  
Parsley noodles

Green Beans

31

Country Chicken Nugget Bowl With roll

Orange-glazed Carrots

01

Chili Mac With Breadstick

Steamed peas

02

Sliced Turkey roast With Gravy and Dressing

Mashed Potatoes

03

Ranch Chicken Flatbread

Steamed Broccoli

More info... Check out the new link located on the NKSC website. Find it on the food services tab called NK Food Services. There you will find menus and nutritional values for the daily meals.

Menu subject to change

More info...

1% white milk and Fat Free White, Chocolate, and Strawberry Milk offered daily  
100% Fruit Juice offered daily  
Lunch - \$2.35