



North Knox JR/SR High School

October 2017

02

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla
 Chips

03

Hard Shell Tacos
 Beef or Chicken
 Soft Tacos
 Chicken Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

04

Frito Walking Taco
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

05

Chicken Quesadilla
 Beef or Chicken
 Soft Tacos
 Beef Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

06

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

09

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

10

Hard Shell Tacos
 Beef or Chicken
 Soft Tacos
 Chicken Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

11

Frito Walking Taco
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

12

Chicken Fajita
 Beef or Chicken
 Soft Tacos
 Beef Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

13

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

16

ENJOY

17

YOUR

18

FALL

19

BREAK

20

23

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

24

Hard Shell Tacos
 Beef or Chicken
 Soft Tacos
 Chicken Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

25

Frito Walking Taco
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

26

Potato Wedge Beef Nachos
 Beef or Chicken
 Soft Tacos
 Beef Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

27

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

30

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

31

Hard Shell Tacos
 Beef or Chicken
 Soft Tacos
 Chicken Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

01

Frito Walking Taco
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

02

Southwest Baked Potato
 Beef or Chicken
 Soft Tacos
 Beef Taco Salad
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

03

Beef Nachos
 Beef or Chicken
 Soft Tacos
 Mexican Spiced Rice
 Corn
 Or Side of Tortilla Chips

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 Chocolate & Strawberry Milk offered daily
100% Fruit Juice, fresh fruits and vegetables offered
Lunch - \$2.35