



North Knox Intermediate School

October 2017

02

1. Pancakes & Sausage
2. Chili Cheese Dog
3. Turkey & Cheese Sub

Hash Brown

03

1. Fish Sticks with Macaroni & Cheese
2. Chicken Nuggets with breadstick
3. Turkey Chef Salad

Green Beans

04

1. Breaded Chicken Drumstick with Corn Muffin
2. Grilled Cheese
3. Ham Sub

Mashed Potatoes

05

1. Corn Dog
2. Hamburger
3. Popcorn Chicken Salad

Tater Bites

06

1. Pepperoni Pizza
2. Chicken Sandwich
3. Ham & Cheese Wrap

Steamed Broccoli

09

1. Breaded Chicken Drumstick with Roll
2. Chicken Chili Crispito
3. Ham & Cheese Sub

Mashed Potatoes

10

1. Baked Rotini
2. Mini Corn Dogs
3. Chicken Caesar Salad

Green Beans

11

1. Broccoli & Cheese Potato w/ soft pretzel
2. Chicken Nuggets w/ breadstick
3. Egg Salad Sandwich

Orange glazed Carrots

12

1. Popcorn Chicken Bowl w/ roll
2. Cheeseburger
3. Egg Chef Salad

Corn

13

1. Pepperoni Pizza
2. Breaded Chicken Sandwich
3. Three Cheese Sub

Steamed Broccoli

16

ENJOY

17

YOUR

18

FALL

19

BREAK

20

23

1. Breaded Mozzarella Sticks w/ marinara Sauce
2. Cheeseburger
3. Santa Fe Turkey Wrap

Corn

24

1. Chicken Sandwich
2. Grilled Cheese
3. Chicken Nacho Salad

Green beans & carrots

25

1. Orange Popcorn Chicken w/ broccoli & rice
2. Chicken Nuggets w/ Breadstick
3. Tuna Salad Sandwich

Orange glazed carrots

26

1. Spaghetti Carbonara w/ peas, bacon, & chicken
2. Corn Dog
3. Turkey Chef Salad w/ roll

Baked Beans

27

1. Cheese Pizza
2. BBQ Pork Sandwich
3. Turkey Sub

Broccoli

30

1. Salisbury Steak w/ Parsley noodles
2. Chicken Sandwich
3. Egg Salad Sandwich

Green Beans

31

1. Country Chicken Nugget Bowl w/ Breadstick
2. Grilled Turkey & Cheese sandwich
3. All-American Cobb Salad

01

1. Chili Mac
2. Popcorn Chicken w/ Breadstick
3. Ham, Turkey, & Cheese Sub

Steamed Zucchini

02

1. Turkey Roast w/ Stuffing
2. Philly Cheesesteak
3. Popcorn Chicken Salad

Mashed Potatoes

03

1. Cheese Pizza
2. Cheeseburger
3. Turkey & Cheese Wrap

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 Strawberry & Chocolate Milk offered daily
 100% Fruit Juice and fresh fruit and veggies offered daily