



NORTH  
KNOX  
JR/SR HIGH

February 2024

## BREAKFAST/LUNCH MENU

February 26- March 1

Powering  
potential.

### BREAKFAST

### TACO/HOME

### SANDWICH

### SUB/SALAD

### PIZZA

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Pizza Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Pancake on a Stick Breakfast Sandwich Blueberry Muffin Banana Split Parfait	Egg Omelet Breakfast Sandwich Blueberry Muffin Peach Parfait	Pumpkin Spice Donut Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Biscuits & Gravy Breakfast Sandwich Blueberry Muffin Strawberry Parfait
TACO/HOME	Walking Taco Tacos Nachos Taco Salad	Popcorn Chicken Bowl With roll	Beef Quesadilla Tacos Nachos Taco Salad	Lasagna With breadstick Green Beans	Potato Wedge Nachos Tacos Nachos Taco Salad
SANDWICH	Cheeseburger Regular & Spicy Chicken Chicken Tenders Mini Corn Dogs	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Rib Sandwich	Cheeseburger Regular & Spicy Chicken Chicken Tenders Bacon Cheeseburger	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Pulled Pork	Cheeseburger Regular & Spicy Chicken Chicken Tenders Fish Sandwich
SUB/SALAD	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad
PIZZA	Mac & Cheese Pizza Cheese Pizza Pepperoni Pizza	Bosco Sticks Cheese Pizza Pepperoni Pizza	Beef Queso Pizza Cheese Pizza Pepperoni Pizza	Meat lover's Pizza Cheese Pizza Pepperoni Pizza	Ham Hawaiian Pizza Cheese Pizza Pepperoni Pizza

Menus are subject to change.

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal  
opportunity providers





NORTH  
KNOX  
JR/SR HIGH

February 2024

## BREAKFAST/LUNCH MENU

February 26- March 1

Powering  
potential.

### BREAKFAST

### TACO/HOME

### SANDWICH

### SUB/SALAD

### PIZZA

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Pizza Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Pancake on a Stick Breakfast Sandwich Blueberry Muffin Banana Split Parfait	Egg Omelet Breakfast Sandwich Blueberry Muffin Peach Parfait	Pumpkin Spice Donut Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Biscuits & Gravy Breakfast Sandwich Blueberry Muffin Strawberry Parfait
TACO/HOME	Walking Taco Tacos Nachos Taco Salad	Popcorn Chicken Bowl With roll	Beef Quesadilla Tacos Nachos Taco Salad	Lasagna With breadstick Green Beans	Potato Wedge Nachos Tacos Nachos Taco Salad
SANDWICH	Cheeseburger Regular & Spicy Chicken Chicken Tenders Mini Corn Dogs	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Rib Sandwich	Cheeseburger Regular & Spicy Chicken Chicken Tenders Bacon Cheeseburger	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Pulled Pork	Cheeseburger Regular & Spicy Chicken Chicken Tenders Fish Sandwich
SUB/SALAD	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad
PIZZA	Mac & Cheese Pizza Cheese Pizza Pepperoni Pizza	Bosco Sticks Cheese Pizza Pepperoni Pizza	Beef Queso Pizza Cheese Pizza Pepperoni Pizza	Meat lover's Pizza Cheese Pizza Pepperoni Pizza	Ham Hawaiian Pizza Cheese Pizza Pepperoni Pizza

Menus are subject to change.

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal  
opportunity providers





NORTH  
KNOX  
JR/SR HIGH

February 2024

## BREAKFAST/LUNCH MENU

February 26- March 1

Powering  
potential.

### BREAKFAST

### TACO/HOME

### SANDWICH

### SUB/SALAD

### PIZZA

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Pizza Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Pancake on a Stick Breakfast Sandwich Blueberry Muffin Banana Split Parfait	Egg Omelet Breakfast Sandwich Blueberry Muffin Peach Parfait	Pumpkin Spice Donut Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Biscuits & Gravy Breakfast Sandwich Blueberry Muffin Strawberry Parfait
TACO/HOME	Walking Taco Tacos Nachos Taco Salad	Popcorn Chicken Bowl With roll	Beef Quesadilla Tacos Nachos Taco Salad	Lasagna With breadstick Green Beans	Potato Wedge Nachos Tacos Nachos Taco Salad
SANDWICH	Cheeseburger Regular & Spicy Chicken Chicken Tenders Mini Corn Dogs	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Rib Sandwich	Cheeseburger Regular & Spicy Chicken Chicken Tenders Bacon Cheeseburger	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Pulled Pork	Cheeseburger Regular & Spicy Chicken Chicken Tenders Fish Sandwich
SUB/SALAD	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad
PIZZA	Mac & Cheese Pizza Cheese Pizza Pepperoni Pizza	Bosco Sticks Cheese Pizza Pepperoni Pizza	Beef Queso Pizza Cheese Pizza Pepperoni Pizza	Meat lover's Pizza Cheese Pizza Pepperoni Pizza	Ham Hawaiian Pizza Cheese Pizza Pepperoni Pizza

Menus are subject to change.

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal  
opportunity providers





NORTH  
KNOX  
JR/SR HIGH

February 2024

## BREAKFAST/LUNCH MENU

February 26- March 1

Powering  
potential.

### BREAKFAST

### TACO/HOME

### SANDWICH

### SUB/SALAD

### PIZZA

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Pizza Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Pancake on a Stick Breakfast Sandwich Blueberry Muffin Banana Split Parfait	Egg Omelet Breakfast Sandwich Blueberry Muffin Peach Parfait	Pumpkin Spice Donut Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Biscuits & Gravy Breakfast Sandwich Blueberry Muffin Strawberry Parfait
TACO/HOME	Walking Taco Tacos Nachos Taco Salad	Popcorn Chicken Bowl With roll	Beef Quesadilla Tacos Nachos Taco Salad	Lasagna With breadstick Green Beans	Potato Wedge Nachos Tacos Nachos Taco Salad
SANDWICH	Cheeseburger Regular & Spicy Chicken Chicken Tenders Mini Corn Dogs	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Rib Sandwich	Cheeseburger Regular & Spicy Chicken Chicken Tenders Bacon Cheeseburger	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Pulled Pork	Cheeseburger Regular & Spicy Chicken Chicken Tenders Fish Sandwich
SUB/SALAD	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad
PIZZA	Mac & Cheese Pizza Cheese Pizza Pepperoni Pizza	Bosco Sticks Cheese Pizza Pepperoni Pizza	Beef Queso Pizza Cheese Pizza Pepperoni Pizza	Meat lover's Pizza Cheese Pizza Pepperoni Pizza	Ham Hawaiian Pizza Cheese Pizza Pepperoni Pizza

Menus are subject to change.

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal  
opportunity providers







NORTH  
KNOX  
JR/SR HIGH

February 2024

## BREAKFAST/LUNCH MENU

February 26- March 1

Powering  
potential.

### BREAKFAST

### TACO/HOME

### SANDWICH

### SUB/SALAD

### PIZZA

	MON	TUES	WED	THURS	FRI
BREAKFAST	Breakfast Pizza Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Pancake on a Stick Breakfast Sandwich Blueberry Muffin Banana Split Parfait	Egg Omelet Breakfast Sandwich Blueberry Muffin Peach Parfait	Pumpkin Spice Donut Breakfast Sandwich Blueberry Muffin Blueberry Parfait	Biscuits & Gravy Breakfast Sandwich Blueberry Muffin Strawberry Parfait
TACO/HOME	Walking Taco Tacos Nachos Taco Salad	Popcorn Chicken Bowl With roll	Beef Quesadilla Tacos Nachos Taco Salad	Lasagna With breadstick Green Beans	Potato Wedge Nachos Tacos Nachos Taco Salad
SANDWICH	Cheeseburger Regular & Spicy Chicken Chicken Tenders Mini Corn Dogs	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Rib Sandwich	Cheeseburger Regular & Spicy Chicken Chicken Tenders Bacon Cheeseburger	Cheeseburger Regular & Spicy Chicken Chicken Tenders BBQ Pulled Pork	Cheeseburger Regular & Spicy Chicken Chicken Tenders Fish Sandwich
SUB/SALAD	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad	Ham & Cheese Sub Ham Cobb Salad
PIZZA	Mac & Cheese Pizza Cheese Pizza Pepperoni Pizza	Bosco Sticks Cheese Pizza Pepperoni Pizza	Beef Queso Pizza Cheese Pizza Pepperoni Pizza	Meat lover's Pizza Cheese Pizza Pepperoni Pizza	Ham Hawaiian Pizza Cheese Pizza Pepperoni Pizza

Menus are subject to change.

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



This institution is an equal  
opportunity providers

