

# KNOB NOSTER K-4 LUNCH

## OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1  CORN DOG Ketchup POTATO WEDGE BAKED BEANS FRUIT HILAND MILK CHICKEN SALAD SANDWICH W/ CARROTS	2  TACO SALAD FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS	3  CHICKEN PATTY GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK SUB SANDWICH W/ CARROTS	4  HOT DOG ON A BUN TATER TOTS Ketchup PORK & BEANS FRUIT HILAND MILK TURKEY & CHEESE ROLL UP W/ CARROTS	5  CHEESE PIZZA ROMAINE SALAD W/ TOMATO BABY CARROTS RANCH DRESSING FRESH FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS
8  NO SCHOOL TODAY	9  MAC & CHEESE BREADSTICK CORN CARROTS FRUIT HILAND MILK TURKEY AND CHEESE SUB W/ CARROTS	10  CHICKEN STRIPS GRAVY MASHED POTATOES CALIFORNIA BLEND FRUIT WHOLE GRAIN ROLL HILAND MILK CHICKEN CIABATTA W/ CARROTS	11  GRILLED CHEESE SANDWICH TOMATO BISQUE SOUP GREEN BEANS FRUIT HILAND MILK TURKEY FLATBREAD SANDWICH	12  PEPPERONI PIZZA ROMAINE SALAD W/ TOMATO CUCUMBER SLICES RANCH DRESSING FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS
15  CRISPITO CHEESE SAUCE SALSA REFRIED BEANS FRUIT COOKIES MILK TURKEY AND CHEESE SUB W/ CARROTS AND DIP	16  LASAGNA BREADSTICK BROCCOLI W/ CHEESE CARROTS FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS	17  CHICKEN PATTY GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK SUB SANDWICH W/ CARROTS	18  BREADED MOZZARELLA STICKS MARINARA SAUCE CORN FRUIT HILAND MILK TURKEY & CHEESE ROLL UP W/ CARROTS	19  NO SCHOOL TODAY
22  CHEESEBURGER KETCHUP FRENCH FRIES FRESH BROCCOLI CHEESE SAUCE FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS	23  SPAGHETTI BREADSTICK CORN CARROTS FRUIT HILAND MILK TURKEY AND CHEESE SUB W/ CARROTS	24  CHICKEN STRIPS BISCUIT GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK CHICKEN CIABATTA W/ CARROTS	25  QUESADILLA Salsa SEASONED BLACK BEANS CORN FRUIT HILAND MILK TURKEY FLATBREAD W/ CARROTS	26  SAUSAGE PIZZA ROMAINE SALAD W/ TOMATO Baby Carrots RANCH DRESSING FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS
29  CORN DOG Ketchup POTATO WEDGE BAKED BEANS FRUIT HILAND MILK Chicken Chibotta SANDWICH W/ CARROTS	30  Crunchy Tacos Cheesy Mexican Rice Carrots FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS	31  CHICKEN PATTY GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK SUB SANDWICH W/ CARROTS	1  HOT DOG ON A BUN TATER TOTS Ketchup PORK & BEANS FRUIT HILAND MILK TURKEY & CHEESE ROLL UP W/ CARROTS	2  CHEESE PIZZA ROMAINE SALAD W/ TOMATO BABY CARROTS RANCH DRESSING FRESH FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS

\*THIS EMPLOYER IS AN EQUAL OPPORTUNITY PROVIDER