2018 – 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Taco Baked Fish/Bun Green Beans Salad Bar self serve Applesauce Ice Cold Milk	Meat Lovers Pizza Mini Corn Dogs Garlic Broccoli Salad Bar self serve Pineapple Chunks Ice Cold Milk	Bacon Cheeseburger/Bun Spicy Chicken Patty/Bun Veggie Burger Tater Tots Salad Bar self serve Diced Peaches Ice Cold Milk	Buffalo Mac & Cheese Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Dinner Roll Salad Bar self serve Diced Pears/Crisp Ice Cold Milk	Sweet & Sour Meatballs/Rice Chicken Quesadilla Peas and Carrots Salad Bar self serve Mandarin Oranges Ice Cold Milk
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
W/G Chicken Patty/Bun Beef Patty/Bun Veggie Burger Baked Beans Salad Bar self serve Chilled Diced Peaches Ice Cold Milk	Chicken Eggroll Softshell Taco Tomato/Lettuce/Cheese Mexican Rice Refried Beans Salad Bar self serve Diced Pears Ice Cold Milk	Hot Turkey BLT on Flatbread Cheese Chili Fries/breadstick Tomato/Lettuce Broccoli Florets Salad Bar self serve Tropical Fruit Ice Cold Milk	4-Cheese Pizza Honey Sriricha Chicken/ sesame sauce Basmati Rice Asian Blend Salad Bar self serve Pineapple Tidbits Ice Cold Milk	Chicken Alfredo w/a Twist Garlic Breadstick Philly Beef Steak Sandwich Sweet Potatoes Salad Bar self serve Fruit Cocktail Ice Cold Milk
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Chicken Tenders/Roll Beef Patty/Bun Mashed Potatoes/Gravy Veggie Burger Roasted carrot, onion & zucchini Salad Bar self serve Applesauce Ice Cold Milk	French Bread Pizza Sloppy Joe/Baked Potato Broccoli/cheese sauce Salad Bar self serve Diced Pears Ice Cold Milk	Shredded Chicken Sandwich Rice/Noodle Bowl Chicken/Beef Salad Bar self serve Brown Rice / Tofu Fortune Cookie Sidekicks Ice Cold Milk	Meatball Sub/Mozzarella Grilled Chicken Sandwich Lettuce/Tomato California Blend Vegetables Salad Bar self serve Tropical Fruit Cup Ice Cold Milk	Chili Cheese Dog/Bun Pancakes Sausage Links Hash Brown Patties Seasoned Peas Salad Bar self serve Diced Peaches Ice Cold Milk
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Johnny Marzetti/Breadstick Chicken Corn Dogs Au Gratin Potatoes California Blend Vegetables Salad Bar self serve Pineapple Tidbits Ice Cold Milk	Tuna Wraps w/Chips Mash Potato/Chicken Bowl Biscuit Seasoned Corn Salad Bar self serve Pears Ice Cold Milk	Pepperoni Stuffed Pizza Hot Italian Sub/dressing Mini Sweet Potato Tots Green Beans Salad Bar self serve Diced Peaches Ice Cold Milk	Pulled Pork Sandwich BBQ Sauce Parmesan Crusted Tilapia Veggie Burger Rice Pilaf Creamy Coleslaw Salad Bar self serve Tropical Fruit Ice Cold Milk	Crispy Chicken Sandwich Build a Burrito Day Refried Beans/Brown Rice Taco Meat/Cheese Tom/Lett/Salsa/Sour Cream Vegetable Medley Salad Bar self serve Mandarin Oranges Ice Cold Milk

This institution is an Equal Opportunity Provider

KNOX COUNTY CAREER CENTER
YOUR FUTURE. OUR MISSION.

Daily Choices

Self Serve Salad Bar
Assorted Fresh Fruit
100% Fruit Juice

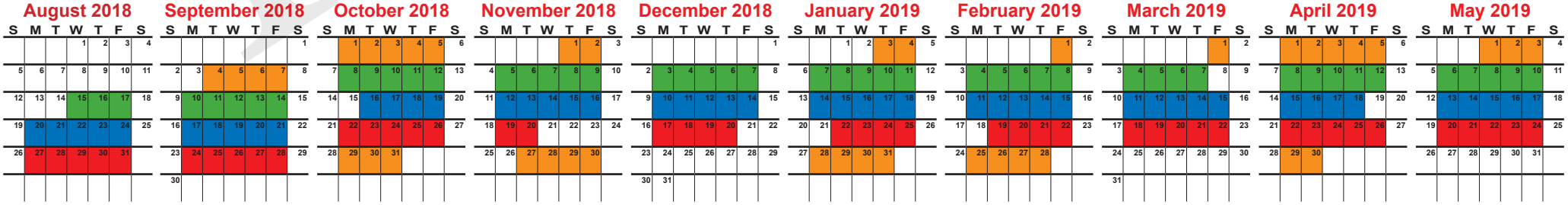
Follow the menu with its calendar day (below). Each week is represented by a color and represents a 4-week cycle menu.

PRICES
Student: $2.85
Adult: $3.95
Reduced Lunch: 40¢
Breakfast: $1.50
Reduced Breakfast: 30¢
Extra Lunch $3.50

Menu is subject to change.

This year for efficiency, a cash line and a prepaid line are available. Students are encouraged to put money on their accounts, or a credit card can be used in the school office. Or, you may go to myschoolbucks.com and create an account. There will be a one charge limit per student until that charge is paid.

Free and reduced lunch applications are available in the food service department or school office.

Or, call 740-397-5820, ext. 3229.

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