

2016 – 2017 Menu



KNOX COUNTY
CAREER CENTER
 YOUR FUTURE. OUR MISSION.

Daily Choices

Side Salad / Lt. Ranch
Assorted Fresh Fruit
100% Fruit Juice

Monday	Tuesday	Wednesday	Thursday	Friday
Taco Salad Baked Fish/Bun Green Beans Applesauce Ice Cold Milk	Pepperoni Stuffed Pizza Mini Corn Dogs Garlic Broccoli Pineapple Chunks Ice Cold Milk	Bacon Cheeseburger/Bun Spicy Chicken Patty/Bun Tater Tots Diced Peaches Ice Cold Milk	Buffalo Chicken, Mac & Cheese Salisbury Steak Mashed Potatoes/Gravy Diced Pears Ice Cold Milk	Chicken Quesadilla Chef Salad/Roll Peas and Carrots Mandarin Oranges Ice Cold Milk
Monday	Tuesday	Wednesday	Thursday	Friday
W/G Chicken Patty/Bun Beef Patty/Bun Roasted Cauliflower Baked Beans Chilled Diced Peaches Ice Cold Milk	Softshell Taco Tomato/Lettuce/Cheese Chef Salad/Roll Mexican Rice Refried Beans Diced Pears Ice Cold Milk	Cheese Chili Fries Turkey/Ham Sub Sandwich Tomato/Lettuce Tropical Fruit Ice Cold Milk	Pepperoni Stuffed Pizza General Tso Chicken Bowl Thai Rice Asian Blend Pineapple Tidbits Ice Cold Milk	Chicken Alfredo w/a Twist Garlic Breadstick Pilly Beef Steak Sandwich Sweet Potato Bake Fruit Cocktail Ice Cold Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Br. Chicken Tenders Beef Patty/Bun Mashed Potatoes/Gravy Roasted carrot, onion & zucchini Applesauce Ice Cold Milk	French Bread Pizza Sloppy Joe/Bun Broccoli/cheese sauce Diced Pears Ice Cold Milk	Chicken Stir Fry Bowl/Roll Chef Salad/Roll Brown Rice Oriental Vegetables Fortune Cookie Sidekicks Ice Cold Milk	Meatball Sub/Mozzarella Grilled Chicken Sandwich Lettuce/Tomato California Blend Vegetables Tropical Fruit Cup Ice Cold Milk	Hot Dog/Bun Pancakes Sausage Patty Hash Browns Seasoned Peas Diced Peaches Ice Cold Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Johnny Marzetti/Breadstick Chicken Corn Dogs Au Gratin Potatoes California Blend Vegetables Pineapple Tidbits Ice Cold Milk	Chef Salad/Roll Mash Potato/Chicken Bowl Roll Seasoned Corn Fruit Crisp Ice Cold Milk	Pepperoni Stuffed Pizza Hot Italian Sub/dressing Mini Sweet Potato Tots Green Beans Diced Peaches Ice Cold Milk	Pulled Pork Sandwich BBQ Sauce Parmesan Crusted Tilapia Rice Pilaf Creamy Coleslaw Tropical Fruit Ice Cold Milk	Crispy Chicken Sandwich Build a Burrito Day Refried Beans/Brown Rice Taco Meat/Cheese Tom/Lett/Salsa/Sour Crm. Vegetable Medley Mandarin Oranges Ice Cold Milk

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

PRICES

Student: \$2.75
 Adult: \$3.35 (w/milk \$3.85)
 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.

This institution is an Equal Opportunity Provider

