

Cookbook for Knox Middle School

Created by HPS Menu Planner

Table of Contents

Assorted Cereal

Assorted Variety of Pop-Tarts (1 Count)

Blueberry or Chocolate Muffin

Variety of Juice

Variety of Yogurt

Uncrustable, String Cheese, & Cheez-It

Ham & Cheese Sub

Turkey & Cheese Sub

Ham and Egg Chef Salad with Croutons

Cheeseburger

Breaded Chicken Sandwich

Seasoned Steamed Broccoli

Refried Beans

Mashed Potatoes

Seasoned Corn

Chicken Gravy

Lasagna Roll-Ups

Spicy Chicken Sandwich

Glazed Carrots

Yogurt Parfait

Seasoned Green Beans

Seasoned Mixed Vegetables

Eggo Bites® Mini Pancakes

Assorted BeneFIT Bars

Meatball Sub

Assorted Snack'n Waffle

Grilled Cheese Sandwich

Tomato Soup

Pizza Burger

Ham Chef Salad with Cheez-It and Muffin