



Lee County Schools

Menus For Floyd Knight School For September 2009

Available Daily!
Breakfast
Cereal & Toast

Lunch
Fruit Juice as a Fruit Choice

Tuesday, Sept. 1	Wed., Sept. 2	Thurs., Sept. 3	Friday, Sept. 4
<p>Meal 1 Beef Burrito Shredded Lettuce, Tomato and Pickle Fruit Juice</p> <p>Meal 2 Ham and Cheese Sandwich on Multi Grain Bun Candied Yams Chilled Pear Cup</p> <p>Breakfast Good Gravy Pizza</p>	<p>Meal 1 Open Faced Turkey Sandwich Creamy Creamed Potatoes Fruit Juice</p> <p>Meal 2 Cheeseburger on Multi Grain Bun Lima Beans Seasonal Fresh Fruit</p> <p>Breakfast Uncrustable Peanut Butter</p>	<p>Meal1 Jerry's Chicken Casserole w/ Grain Roll Fruit Juice</p> <p>Meal2 Fish Sandwich on Multi Grain Bun Coleslaw Strawberry Cup</p> <p>Breakfast Pancakes</p>	<p>Meal 1 Pepperoni Pizza Corn Fruit Juice</p> <p>Meal 2 Chili Beans w/ Wheat Crackers Green Peas Applesauce</p> <p>Breakfast Manager's Choice</p>

LUNCH
PRE-PAYMENT WILL BE
ACCEPTED
SEPTEMBER 9 & 10

FULL PAY \$46.20
REDUCED PAY \$8.80

Monday, Sept. 7	Tuesday, Sept. 8	Wed., Sept. 9	Thurs., Sept. 10	Friday, Sept 11
<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Labor ★ ★ ★ ★ ★ DAY ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Enjoy your holiday</p>	<p>Meal 1 Chicken Nuggets w/ Grain Roll Fruit Juice</p> <p>Meal 2 Vegetable Beef Soup w/ Cheese Sandwich on Honey Wheat Bread Steamed Cabbage Peach Cup</p> <p>Breakfast Pancake w/ Sausage on stick</p>	<p>Meal 1 Pork Roast w/ Gravy & Grain Roll</p> <p>Meal 2 Chicken Filet Sandwich Creamy Creamed Potatoes Green Beans Seasonal Fresh Fruit</p> <p>Breakfast Ham and Cheese Omelet</p>	<p>Meal 1 Lasagna w/ Grain Roll</p> <p>Meal 2 Chicken Wings w/ Grain Roll Tossed Salad Corn Chilled Pear Cup</p> <p>Breakfast Good Gravy Pizza</p>	<p>Meal 1 Cheese Pizza Green Peas Fruit Juice</p> <p>Meal 2 Chicken Fajita Wrap Glazed Carrots Applesauce</p> <p>Breakfast Banana Nut Muffin</p>

Sept. 11, 2001



*In eternal remembrance of the
victims, in continued support of
their families, and in undying
gratitude to the heroes.*

WE'RE STILL A BARGAIN

You've been to the grocery store, so you know what's been happening to food prices. We feel your pain, because it's been happening to us, too. We're not a for-profit operation, but we do have to cover all of our costs, and we've had to raise prices this year to do that. Even so, we think we still provide your family with a great bargain: nutritious, tasty, inexpensive complete meals that are here for your kids every day. In fact, when you compare how much more groceries cost you this year, our school meals might actually be a better deal than ever. Thanks for your business!



Breakfast
1.50

Lunch
\$2.10

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.



Lee County Regional Fair
September 15-20, 2009

Monday, Sept. 14	Tues., Sept. 15	Wed., Sept. 16	Thurs., Sept. 17	Friday, Sept. 18
<p>Meal 1 Chef Salad w/ Wheat Crackers Fruit Juice</p> <p>Meal 2 Hot Dog w/ Chili Coleslaw Baked Apples</p> <p>Breakfast Super Donut</p>	<p>Meal 1 Chicken Filet Sandwich on Multi Grain Bun Fruit Juice</p> <p>Meal 2 Nachos Lettuce and Pickle Pinto Beans Strawberries</p> <p>Breakfast Sausage and Toast</p>	<p>Meal 1 Spaghetti w/ Grain Roll</p> <p>Meal 2 Ham and Cheese Sandwich on Multi Grain Bun Corn Green Peas Seasonal Fresh Fruit</p> <p>Breakfast Mini Pancakes w/ Sausage</p>	<p>Meal 1 Baked Chicken w/ Grain Roll Green Beans Fruit Juice</p> <p>Meal 2 Cheeseburger on Multi Grain Bun Creamy Creamed Potatoes Peach Cup</p> <p>Breakfast Good Gravy Pizza</p>	<p>Meal 1 Pepperoni Pizza Corn Cobbett Fruit Juice</p> <p>Meal 2 Chicken Salad w/ Wheat Thins Vegetable Pasta Salad Chilled Pear Cup</p> <p>Breakfast Yogurt</p>
Monday, Sept. 21	Tues., Sept. 22	Wed., Sept. 23	Thurs., Sept. 24	Friday, Sept. 25
<p>Meal 1 Cheeseburger on Multi Grain Bun French Fries</p> <p>Meal 2 BBQ Sandwich on Multi Grain Bun Coleslaw Chilled Peach Cup</p> <p>Breakfast Pancakes w/ Sausage</p>	<p>Meal 1 Chicken Tenders w/ Grain Bun Green Peas</p> <p>Meal 2 Beef Stroganoff w/ Grain Roll Raw Vegetable Cup Bakes Apples</p> <p>Breakfast Cheesy Eggs w/ Toast</p>	<p>Meal 1 Macaroni and Cheese w/ Ham and Grain Roll Glazed Carrots</p> <p>Meal 2 Corn Dog Nuggets Green Beans Seasonal Fresh Fruit</p> <p>Breakfast French Toast</p>	<p>Meal 1 Turkey and Cheese Sandwich on Multi Grain Bun Black Eye Peas</p> <p>Meal 2 Mexican Beef Rotini w/ Grain Roll Broccoli & Cheese Very Berry Cup</p> <p>Breakfast Toasted Ham and Cheese Sandwich</p>	<p>Meal 1 Cheese Pizza Corn Fruit Juice</p> <p>Meal 2 Stloppy Joes on School made Roll Pinto Beans Applesauce</p> <p>Breakfast Blueberry Muffin</p>
Monday, Sept. 28	Tues., Sept. 29	Wed., Sept. 30	<p>I'm chock full o' COWcium</p> <p>Choice of milk served with all complete</p> <p>USDA is an equal opportunity provider and employer.</p> <p>Our Menus are subject to change.</p>	
<p>Meal 1 Taco Pie Tossed Salad Fruit Jucie</p> <p>Meal 2 Chicken and Cheese Quesadilla Tater Tots Fruit Gelatin</p> <p>Breakfast Cheese Toast</p>	<p>Meal 1 Beef Burrito Shredded Lettuce, Tomato and Pickle Fruit Juice</p> <p>Meal 2 Ham and Cheese Sandwich on Multi Grain Bun Candied Yams Chilled Pear Cup</p> <p>Breakfast Good Gravy Pizza</p>	<p>Meal 1 Open Faced Turkey Sandwich Creamy Creamed Potatoes Fruit Juice</p> <p>Meal 2 Cheeseburger on Multi Grain Bun Lima Beans Seasonal Fresh Fruit</p> <p>Breakfast Uncrustable Peanut Butter and Jelly</p>		