

AUGUST | 2022

Hungry Knight's Cafe



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1									
8	Beef nachos w/cheese White rice Pinto beans Juice Milk	9	Beef-a-roni w/ bread stick Sliced carrots Red beans Fresh fruit Milk	10	Cheese burger W / let,tom & pickles Baked fries Chilled fruit Milk	11	Chicken Noodle W / roll Vegetable blend Veggie of choice Fresh fruit Milk	12	Pizza Corn Carrots w/ dip Juice or fruit Milk
15	Hamburger w / let /tom & pickles Bean salad Oven fries Juice Milk	16	Chicken & rice W /roll Green peas Sliced beets Fresh fruit Milk	17	Sloppy Joe Sweet potato fries Baked beans Chilled fruit Milk	18	Corn dog Steamed broccoli White beans Fresh fruit Milk	19	Pizza Corn Carrots w/ dip Juice or fruit Milk
22	Chicken fajita Yellow rice Black beans Juice Milk	23	Fish Sticks W /biscuit Cole slaw Green beans Fresh fruit Milk	24	Chicken Nuggets W/ roll Mashed potatoes Spinach Chilled fruit Milk	25	Beef tacos W/ let & tom Black beans Yellow rice Fresh fruit Milk	26	Pizza Corn Carrots w/ dip Juice or fruit Milk
29	Beef nachos w/cheese White rice Pinto beans Juice Milk	30	Beef-a-roni w/ bread stick Sliced carrots Red beans Fresh fruit Milk	31	Cheese burger W / let,tom & pickles Baked fries Chilled fruit Milk	1	Chicken Noodle W / roll Vegetable blend Veggie of choice Fresh fruit Milk	2	Pizza Corn Carrots w/ dip Juice or fruit Milk

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Salad Mon-Thurs Chef or Caesar,
Fri muffin & yogurt Quick Bites
Sandwiches Mon-Fri, Ham or Turkey.
Elem = \$2.50
Middle & High = \$2.80
Adult Breakfast Al-a-carte,
Adult Lunch \$4.00

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1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2

