

SEPTEMBER 2022

Hungry Knights Cafe



LUNCH

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 Lunch Prices, Elem=\$2.50, Secondary and High = \$2.80 Breakfast=\$1.20, Adult Breakfast A-l-a-carte, Adult Lunch \$4.00

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MONDAY



NO SCHOOL

5

TUESDAY



Hamburger
w/ let/tom & pickles
Bean salad
Oven fries
Juice & milk

6

WEDNESDAY

Chicken & rice w/ roll
Green peas
Sliced beets
Chilled fruit
Milk

7

THURSDAY

Chicken Noodle w/ Roll
Vegetable blend
Veggie of choice
Fresh fruit
Milk

1

FRIDAY

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

2

Chicken Fajita
Yellow rice
Black beans
Juice
Milk

12

Chicken Nuggett w/ biscuit
Seasoned fries
Baked beans
Fresh fruit
Milk

13

Beef Noodle w /roll
Green beans
Mixed vegetables
Chilled fruit
Milk

14

Beef tacos w/ let & tom
Seasoned pintos
White rice
Fresh fruit
Milk

15

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

16

NO SCHOOL

19

Beef nachos w /cheese
Black & brown beans
Mexican rice
Juice
Milk

20

Beef-a-roni w/bread stick
Sliced carrots
Red beans
Chilled fruit
Milk

21

Cheese burger
w/let,Tom & pickles
Baked fries
Chilled fruit
Milk

22

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

23

Hamburger
W/ let,tom & pickles
Bean salad
Oven fries
Juice & Milk

26

Chicken & rice w/ roll
Green peas
Sliced beets
Fresh fruit
Milk

27

Sloppy joe
Sweet potato fries
Baked beans
Chilled fruit
Milk

28

Corn dog
Seasoned broccoli
White beans
Fresh fruit
Milk

29

Pizza
Corn
Carrots w/dip
Juice or fruit
Milk

30