

SEPTEMBER 2023



Hungry Knights Cafe

LUNCH

All menus are subject to change without notice  
Mon-Thur- salad chef or caesar Fri-yogurt & muffin  
Mon-Fri sandwich or wrap- ham or turkey  
Lunch Pre-k – 5<sup>th</sup> = \$2.50, 6-10<sup>th</sup> = \$2.80 staff = \$4.00  
Breakfast = \$1.20, staff = al-a-carte



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NO SCHOOL

4

Hamburger  
Let , tom & pickles  
Baked fries  
Juice  
Milk

5

Chicken nuggets w/roll  
Mashed potatoes  
Vegetable of choice  
Chilled fruit  
Milk

6

Mini corn dog  
Winter blend  
White beans  
Fresh fruit  
Milk

7

Pizza  
Corn  
Carrots w/ dip  
Juice or fruit  
Milk

8

Beef tacos w/ let & tom  
Spanish rice  
Pinto beans  
Juice  
Milk

11

Chicken & noodle w/roll  
Mixed vegetables  
Steamed broccoli  
Fresh fruit  
Milk

12

Sloppy joe  
Sweet potato fries  
Baked beans  
Chilled fruit  
Milk

13

Chicken fajita  
Mixed beans  
White rice  
Fresh fruit  
Milk

14

Pizza  
Corn  
Carrots w/ dip  
Juice or fruit  
Milk

15

Beef nachos w/cheese  
Yellow rice  
Black beans  
Juice  
Milk

18

Chicken & rice w/roll  
Sliced carrots  
Chilled beets  
Fresh fruit  
Milk

19

Cheese burger  
Let, tom & pickles  
Baked fries  
Chilled fruit  
Milk

20

BBQ pulled pork w/ biscuit  
Cole slaw  
Green beans  
Fresh fruit  
Milk

21

Pizza  
Corn  
Carrots w/ dip  
Juice or fruit  
Milk

22

Hamburger  
Let , tom & pickles  
Baked fries  
Juice  
Milk

25

Spaghetti w/bread stick  
Green peas  
Garden salad  
Fresh fruit  
Milk

26

Oven roasted chicken  
w/roll  
Mashed potatoes  
Vegetable of choice  
Chilled fruit  
Milk

27

Corn dog  
Winter blend  
White beans  
Fresh fruit  
Milk

28

Pizza  
Corn  
Carrots w/ dip  
Juice or fruit  
Milk

29

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