

OCTOBER 2023

Hungry Knights Cafe

LUNCH



**Mon-Thur- salad chef or caesar Fri-yogurt & muffin.
Mon-Fri sandwich or wrap- ham or turkey. Lunch
Pre-k – 5th = \$2.50, 6-10th = \$2.80 staff = \$4.00.
Breakfast = \$1.20, staff = a-la-carte**



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MONDAY

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

2

TUESDAY

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

3

WEDNESDAY

Sloppy joe
Sweet potato fries
Baked beans
Chilled fruit
Milk

4

THURSDAY

Chicken fajita
Mixed beans
White rice
Fresh fruit
Milk

5

FRIDAY

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

6

Beef nachos w/cheese
Yellow rice
Black beans
Juice
Milk

9

Teriyaki Chicken w/roll
White rice
Sliced carrots
Fresh fruit
Milk

10

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

11

BBQ pulled pork w/ biscuit
Cole slaw
Three bean salad
Fresh fruit
Milk

12

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

13

No School

16

Hamburger
Let , tom & pickles
Baked fries
Juice
Milk

17

Chicken nuggets w/roll
Mashed potatoes
Chilled beets
Chilled fruit
Milk

18

Corn dog
Winter blend
White beans
Fresh fruit
Milk

19

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

20

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

23

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

24

Sloppy joe
Sweet potato fries
Baked beans
Chilled fruit
Milk

25

Chicken fajita
Mixed beans
White rice
Fresh fruit
Milk

26

Pizza
Corn
Carrots w/ dip
Juice or fruit
Milk

27

Beef nachos w/cheese
Yellow rice
Black beans
Juice
Milk

30

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

31

