

September 2020



Hungry Knights Cafe



LUNCH

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
6-8 Bites=Ham or Turkey & cheese sandwich or wrap
9-11 Bites=Mon -Thurs Chef or Caesar, Fri = Muffin & Yogurt
Lunch Prices = Elem = \$2.35. Secondary & High = \$2.50
Breakfast \$1.10. Adult lunch \$3.75 (Adult breakfast \$1.10)

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Monday



NO SCHOOL

7

Tuesday

Corn Dog
 Seasoned noodles
 Broccoli
 Fresh fruit
 Milk

1

Mini Corn Dogs
 Bear cookie
 Mashed potatoes
 Fresh fruit
 Milk

8

Wednesday

Hamburger
 w / Let / tom / pickles
 Oven fries
 Juice or fruit
 Milk

2

Cheeseburger
 w / Let / tom / pickles
 Oven fries
 Juice or fruit
 Milk

9

Thursday

Beef nachos
 Mexican rice
 Bear cookie
 Fresh fruit
 Milk

3

Chicken nuggets W/ Roll
 Mac & Cheese
 Bear cookie
 Fresh fruit
 Milk

10

Friday

Pizza
 Chefs Choice
 Baby carrots W/ dip
 Juice or fruit
 Milk

4



Pizza
 Chefs Choice
 Baby carrots W/ dip
 Juice or fruit
 Milk

11

PB&J
 Fresh Vegetable
 Juice or fruit
 Cheese Crackers
 Milk

14

Hot ham & cheese
 Fresh Vegetable
 Fresh fruit
 Sweet potato fries
 Milk

15

Beef tacos
 Bear cookie
 Mexican rice
 Juice or fruit
 Milk

16

Oven Roasted Chicken
 W/ biscuit
 Mashed potatoes
 Bear cookie
 Juice or fruit
 Milk

17

Pizza
 Chefs choice
 Baby carrots W/ dip
 Juice or fruit
 Milk

18

PB&J
 Fresh Vegetable
 Juice or fruit
 Cheese Crackers
 Milk

21

Corn Dog
 Seasoned noodles
 Broccoli
 Fresh fruit
 Milk

22

Hamburger
 w / Let / tom / pickles
 Oven fries
 Juice or fruit
 Milk

23

Chicken nuggets w/roll
 Mac & cheese
 Bear cookie
 Fresh fruit
 Milk

24

Pizza
 Chefs choice
 Baby carrots W/ dip
 Juice or fruit
 Milk

25

PB&J
 Fresh Vegetable
 Juice or fruit
 Cheese Crackers
 Milk

28

Mini Corn Dogs
 Bear cookie
 Mashed potatoes
 Fresh fruit
 Milk

29

Cheeseburger
 w/Let/Tom/pickles
 Oven fries
 Juice or fruit
 Milk

30



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