

AUGUST | 2022

Hungry Knight's Cafe



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

