

March 2020



Hungry Knights Cafe



LUNCH

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Quick Bites=Ham or Turkey & cheese sandwich or wrap
Salad=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 Al -a -
carte.)

The U.S Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, of if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)"

Monday

Beef Nachos w/cheese **2**
Seasoned pintos
White rice
Juice
Milk

Tuesday

Terriyaki chicken & rice w/ roll **3**
Black eyed peas
Steamed broccoli
Fresh fruit
Milk

Wednesday

Corn dogs **4**
Mac & cheese
Mixed vegetables
Chilled fruit
Milk

Thursday

Shepherds pie w/ roll **5**
Green peas
Sliced beets
Fresh fruit
Milk

Friday

Pizza **6**
Corn
Baby carrots w/ dip
Juice/fruit
Milk

Oven roasted chicken & biscuit **9**
Seasoned noodles
Green beans
Juice & Milk

Beef-a-roni W/bread stick **10**
Sliced carrots
Popeye salad
Fresh fruit & milk

Hamburger W/let/tom/pickles **11**
Baked fries
Calico beans
Chilled fruit & milk

Beef stroganoff W/ roll **12**
Red beans
Steamed cauliflower
Fresh fruit & milk

Pizza **13**
Corn
Baby carrots w/dip
Juice/fruit
Milk

Beef Tacos W/ let/tom **16**
Black beans
Mexican rice
Juice & milk

Chef Choice Mixed Vegetables **17**
Celery sticks
Fresh fruit
milk

Cheeseburger W/ let/tom/pickles **18**
Sweet potato fries
Baked beans
Chilled fruit & milk

Spaghetti W/ bread stick **19**
Garden salad
Green beans
Fresh fruit & milk

Pizza **20**
Corn
Baby carrots w/dip
Juice/fruit
Milk

No school **23**

No school **24**

No school **25**

No school **26**

No school **27**

Beef Nachos w/ cheese **30**
Seasoned pintos
White rice
Juice
Milk

Chicken & rice w/ roll **31**
Black eyed peas
Steamed broccoli
Fresh fruit
Milk

