



# JANUARY | 2022

## Hungry Knights Cafe

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4 Chicken fajita Yellow rice Black beans Juice Milk	5 Chicken & noodle W/ roll Green peas Mixed vegetables Chilled fruit Milk c	6 Cheese burger Tom/ let / pickle Baked fries Fresh fruit Milk	7 Pizza Corn Baby carrots w / dip Juice or fruit Milk
10 Corn dog Sweet potato fries Green beans Juice Milk	11 Beef tacos w / let /tom Seasoned rice Black beans Fresh fruit Milk	12 Beef stroganoff w / roll Mixed vegetables Bean salad Chilled fruit Milk	13 Chicken & rice w / biscuit Black eyed peas Spinach Fresh fruit	14 Pizza Corn Baby carrots w / dip Juice or fruit Milk
17 NO SCHOOL	18 Beef Manwich Sweet potato fries Calico beans Fresh fruit Milk	19 Beef- a-roni W /roll White beans Steamed broccoli Chilled fruit Milk	20 Fish Sticks W /biscuit Cole slaw Green beans Fresh fruit Milk	21 Pizza Corn Baby carrots w / dip Juice or fruit Milk
24 Chicken fajita Yellow rice Black beans Juice Milk	25 Oven roasted chicken W/biscuit Mac & cheese Green peas Fresh fruit Milk	26 Beef nachos W/ Cheese cup Pinto beans White rice Chilled fruit Milk	27 Chicken Noodle W / roll Vegetable blend Veggie of choice Fresh fruit Milk	28 Pizza Corn Baby carrots w / dip Juice or fruit Milk
31 Mini Corn dogs Baked fries Bean salad Juice Milk	1	2	3	4

### News

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. Adult Breakfast All-a-carte, Adult Lunch \$3.75 **Non-Discrimination Statement**

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



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3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4

