

# OCTOBER | 2021

## Hungry Knights Cafe



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Pizza Corn Baby carrots w / dip Juice or fruit Milk
4 BBQ chicken on bun Baked fries Cole slaw Juice Milk	5 Chicken fajita Yellow rice Black beans Fresh fruit Milk	6 Beef stroganoff w / roll Mixed vegetables Bean salad Chilled fruit Milk	7 Chicken & rice w / biscuit Black eyed peas Spinach Fresh fruit Milk	8 Beef nachos w / cheese Pinto beans Mexican rice Juice or fruit Milk
11 Corn dog Sweet potato fries Green beans Juice Milk	12 Beef tacos w / let /tom Seasoned rice Black beans Fresh fruit Milk	13 Chicken & noodle w / biscuit Green peas Broccoli Chilled Fruit Milk	14 Chicken sandwich W / let / tom /pickles Baked fries Fresh fruit Milk	15 Pizza Corn Baby carrots w / dip Juice or fruit Milk
18 NO SCHOOL	19 Beef Manwich Potato Wedges Baked Beans Juice Milk	20 Beef-a-roni w /roll Chick peas Winter blend Chilled fruit Milk	21 Mini Corn dogs Seasoned noodles. Green beans Fresh fruit Milk	22 Beef nachos w / cheese Pinto beans Mexican rice Juice or fruit Milk
25 BBQ chicken on bun Baked fries Cole slaw Juice Milk	26 Chicken fajita Yellow rice Black beans Fresh fruit Milk	27 Beef stroganoff w / roll Mixed vegetables Bean salad Chilled fruit Milk	28 Chicken & rice w / biscuit Black eyed peas Spinach Fresh fruit Milk	29 Pizza Corn Baby carrots w / dip Juice or fruit Milk

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 Al-a-carte, Adult Lunch \$3.75

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