

MARCH 2023

KNIGHTS CAFÉ LUNCH MENU

HIGH SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday



6

PASTA IN MEAT SAUCE
W/ PARMESAN CHEESE
GREEN BEANS
DINNER ROLL
FRESH FRUIT
& VEGGIE BAR
MILK

13

BBQ BUNDLE
BONELESS CHICKEN WINGS
DINNER ROLL W/ MARGARINE
SWEET TATER PUFFS
FRESH FRUIT
& VEGGIE BAR
MILK

20



27

BREADSTICK MOZZA BITES
W/ MARINARA CUP
GREEN GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

7

TACO TUESDAY
CHIPS & MEAT
REFRIED BEANS
SALSA AND CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

14

TACO TUESDAY
CHIPS & MEAT
REFRIED BEANS
SALSA AND CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

21



28

TACO TUESDAY
CHIPS & MEAT
REFRIED BEANS
SALSA AND CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

1

CHICKEN PATTY SANDWICH
SWEET TATER PUFFS
FRESH FRUIT
& VEGGIE BAR
MILK

8

GRILLED CHEESE SANDWICH
TOMATO SOUP
JACK CHEESE CUBES
FRESH FRUIT
& VEGGIE BAR
MILK

15

CHICKEN TENDERS
W/ DINNER ROLL
GREEN BEANS
FRESH FRUIT
& VEGGIE BAR
MILK

22



29

GRILLED CHICKEN SANDWICH
CARROT COINS
FRESH FRUIT
& VEGGIE BAR
MILK

2

FRENCH TOAST
HASHBROWNS
SAUSAGE
FRESH FRUIT
& VEGGIE BAR
MILK

9

BREADED CHICKEN TENDERS
MASHED POTATOES
W/ GRAVY
FRESH FRUIT
& VEGGIE BAR
MILK

16

GENERAL TSO CHICKEN
RICE
BROCCOLI
FRESH FRUIT
& VEGGIE BAR
MILK

23



30

FRENCH TOAST
HASHBROWNS
SAUSAGE
GRAHAM CRACKERS
FRESH FRUIT
& VEGGIE BAR
MILK

3

HOT MEATBALL SUB
IN MARINARA
W/ MOZZARELLA
GARDEN FRESH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

10

PEPPERONI PIZZA
GREEN GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

17

PEPPERONI PIZZA BREADSTICKS
CRINKLE FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

24



31

MINI CALZONES
W/ MARINARA CUP
GREEN BEANS
FRESH FRUIT
& VEGGIE BAR
MILK

WHAT MAKES A MEAL 9-12TH GRADE:

ENTRÉE, VEGETABLE, FRUIT, AND MILK.

MENU OPTIONS: ASSORTED HOT VEGGIE, COLD VEGGIE BAR,
DELI SANDWICH, ASSORTED HOT GRILL SELECTIONS, CHEF SALAD.
CHOICE OF COLD FRUIT BAR, 1% WHITE OR NON-FAT CHOCOLATE MILK

LUNCH 9-12 \$3.35 MILK: \$.55

ENTREES ARE SUBJECT TO CHANGE

"THE INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER"

