

# MARCH 2023

# KNIGHTS CAFÉ LUNCH MENU

# PK-8

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**6**  
PASTA IN MEAT SAUCE  
W/ PARMESAN CHEESE  
GREEN BEANS  
DINNER ROLL  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**7**  
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

**2**  
FRENCH TOAST  
HASHBROWNS  
SAUSAGE  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**3**  
HOT MEATBALL SUB  
IN MARINARA  
W/ MOZZARELLA  
GARDEN FRESH SALAD  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**13**  
BBQ BUNDLE  
BONELESS CHICKEN WINGS  
DINNER ROLL W/ MARGARINE  
SWEET TATER PUFFS  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**14**  
TACO TUESDAY  
CHIPS & MEAT  
REFRIED BEANS  
SALSA AND CHEESE  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**8**  
GRILLED CHEESE SANDWICH  
TOMATO SOUP  
JACK CHEESE CUBES  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**9**  
BREADED CHICKEN TENDERS  
MASHED POTATOES  
W/ GRAVY  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**10**  
PEPPERONI PIZZA  
GREEN GARDEN SALAD  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**15**  
CHICKEN TENDERS  
W/ DINNER ROLL  
GREEN BEANS  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**16**  
GENERAL TSO CHICKEN  
RICE  
BROCCOLI  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**17**  
PEPPERONI PIZZA BREADSTICKS  
CRINKLE FRIES  
FRESH FRUIT  
& VEGGIE BAR  
MILK



**20**  
**27**  
BREADSTICK MOZZA BITES  
W/ MARINARA CUP  
GREEN GARDEN SALAD  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**21**  
**28**  
TACO TUESDAY  
CHIPS & MEAT  
REFRIED BEANS  
SALSA AND CHEESE  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**22**  
**29**  
GRILLED CHICKEN SANDWICH  
CARROT COINS  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**23**  
**30**  
FRENCH TOAST  
HASHBROWNS  
SAUSAGE  
GRAHAM CRACKERS  
FRESH FRUIT  
& VEGGIE BAR  
MILK

**24**  
**31**  
MINI CALZONES  
W/ MARINARA CUP  
GREEN BEANS  
FRESH FRUIT  
& VEGGIE BAR  
MILK

### WHAT MAKES A MEAL PK-4<sup>TH</sup> GRADE:

ENTRÉE, VEGETABLE, FRUIT, AND MILK.

**MENU OPTIONS:** ASSORTED HOT VEGGIE, COLD VEGGIE BAR, DELI SANDWICH, CHEF SALAD. CHOICE FROM COLD FRUIT BAR, 1% WHITE OR NON-FAT CHOCOLATE MILK (PK: WHITE MILK ONLY).

### WHAT MAKES A MEAL 5-8<sup>TH</sup> GRADE:

ENTRÉE, VEGETABLE, FRUIT, AND MILK.

**MENU OPTIONS:** HOT VEGGIE, COLD VEGGIE BAR, DELI SANDWICH, ASSORTED HOT GRILL SELECTIONS, CHEF SALAD. "THE INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

LUNCH PK-8 \$3.10 MILK: \$.55  
ENTREES ARE SUBJECT TO CHANGE

