

NOVEMBER 2022

KNIGHTS CAFÉ LUNCH MENU

HIGH SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday



7
BBQ BUNDLE
BBQ CHICKEN WINGS
DINNER ROLL W/ MARGARINE
SWEET POTATO FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

1
TACO TUESDAY
CHIPS & MEAT & GARDEN SALAD
SALSA & CHEESE
REFRIED BEANS
FRESH FRUIT
& VEGGIE BAR
MILK

2
CHICKEN NUGGETS
DINNER ROLL W/ MARGARINE
MASHED POTATOES W/ GRAVY
FRESH FRUIT
& VEGGIE BAR
MILK

3
CHEESEBURGER SANDWICH
SWEET POTATO FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

4
CHEESE PIZZA STICKS
W/ MARINARA CUP
GARDEN SPINACH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

8
TACO TUESDAY
SOFT TACO & MEAT
REFRIED BEANS
SALSA & CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

9
GENERAL TSO CHICKEN
RICE
BROCCOLI
FRESH FRUIT
& VEGGIE BAR
MILK

10
CHICKEN NUGGETS
WEDGE CUT FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

11
CHEESE PIZZA
GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

14
MACARONI & CHEESE
DINNER ROLL
BROCCOLI
FRESH FRUIT
& VEGGIE BAR
MILK

15
TACO TUESDAY
CHIPS & MEAT
REFRIED BEANS
SALSA & CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

16
FRENCH TOAST W/ SYRUP
HASHBROWNS
SAUSAGE
FRESH FRUIT
& VEGGIE BAR
MILK

17
CHICKEN PATTY SANDWICH
SWEET POTATO FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

18
HOT MEATBALL SUB
ON A BUN W/ MARINARA
CHEESE
GARDEN SPINACH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

21
Thanksgiving Vacation
No School


22
Giving Thanks


23


24
Happy
THANKSGIVING


25


28
CHEESY BREADSTICKS
W/ MARINARA
BROCCOLI
FRESH FRUIT
& VEGGIE BAR
MILK

29
TACO TUESDAY
CHIPS & MEAT
REFRIED BEANS
SALSA & CHEESE
FRESH FRUIT
& VEGGIE BAR
MILK

30
CHICKEN STRIPS
WEDGE CUT FRIES
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"