

KNIGHTS

SEPTEMBER 2022 HIGH SCHOOL LUNCH MENU

CAFE

Monday

Tuesday

Wednesday

Thursday

Friday



5

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

6

FRENCH TOAST
HASHBROWNS
SAUSAGE
FRESH FRUIT
& VEGGIE BAR
MILK

7

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

8

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

9

CHEESY BREADSTICKS
MARINARA
BROCCOLI
FRESH FRUIT
& VEGGIE BAR
MILK

12

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

13

CHICKEN STRIPS
WEDGE CUT FRENCH FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

14

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

15

PEPPERONI PIZZA
GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

16

BBQ BUNDLE
BBQ CHX WINGS
DINNER ROLL
SWEET POTATO FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

19

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

20

PEPPERONI PIZZA BREADSTICKS
FRENCH FRIES
FRESH FRUIT
& VEGGIE BAR
MILK

21

CHICKEN STRIPS
GARDEN SALAD
DINNER ROLL
FRESH FRUIT
& VEGGIE BAR
MILK

22

Parent/Teacher
Conferences

23

Parent/Teacher
Conferences

PK-6 NO SCHOOL
MOZZARELLA BREADSTICK BITES
MARINARA
GARDEN SPINACH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

26

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

27

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

28

MINI CALZONES
MARINARA
GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

29

HOT MEATBALL SUB
GARDEN SPINACH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

30

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,
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"