

KNIGHTS

SEPTEMBER 2022

PK-8 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

GRANDPARENTS DAY
LUNCH ON THE LAWN
COMPLIMENTARY FOR EVERYONE



2

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



23



PK-6 NO SCHOOL

26

MOZZARELLA BREADSTICK BITES
MARINARA
GARDEN SPINACH SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

27

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

28

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

29

MINI CALZONES
MARINARA
GARDEN SALAD
FRESH FRUIT
& VEGGIE BAR
MILK

30

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

WHAT MAKES A MEAL PK-4TH GRADE:

ENTRÉE, VEGETABLE, FRUIT, AND MILK.

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

WHAT MAKES A MEAL 5-8TH 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 PK-8: \$3.10 MILK: \$.55
ENTREES ARE SUBJECT TO CHANGE

"THE INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"