

KNIGHTS CAFÉ MENU – OCTOBER 2017

BREAKFAST:

Fresh fruit, cereal, cereal bars, yogurt, white/chocolate milk

LUNCH:

Salad bar offered every day

October 3 - Pizza, corn, minestrone soup, ham & cheese wrap

October 4 - Chicken tenders, macaroni & cheese, sweet peas, vegetable beef soup, PB&J sandwich

October 5 - Corndogs, chips, chili, grilled cheese sandwich

October 6 - Country fried steak, mashed potatoes, green beans, grilled cheese, tomato soup, turkey & cheese wrap

October 9 - Chicken pot pie, butter beans, broccoli & cheese soup, ham & cheese wrap

October 10 - Cheeseburgers, chips, loaded potato soup, turkey & cheese sandwich

October 11 - Baked ziti, salad, chicken noodle soup, ham, turkey & cheese sub

October 12 - Chicken quesadilla, yellow rice, tomato Florentine soup (the best soup ever!), ham & cheese sandwich

October 13 - Taco salad, corn, chili, turkey & cheese wrap

October 16 - Chicken & cheese burrito, salad, vegetable beef soup, PB&J sandwich

October 17 - BBQ sandwich, fries, tomato soup, ham & cheese wrap

October 18 - Beefy macaroni, field peas, minestrone soup, turkey & cheese sandwich

October 19 - Chicken 'n dumplings, butterbeans, broccoli & cheese soup, ham, turkey & cheese sub

October 20 - Eggrolls, fried rice, chicken noodle soup, turkey & cheese sandwich

October 23 - Chicken sandwich, chips, loaded potato soup, ham & cheese wrap

October 24 - Corn dogs, sweet peas, tomato Florentine soup, turkey & cheese sandwich

October 25 - Beef tips, rice, green beans, vegetable beef soup, PB&J sandwich

October 26 - Cheese burger, chips, chili, grilled cheese sandwich

October 27 - Country fried steak, mashed potatoes, butterbeans, minestrone soup, turkey & cheese wrap

October 30 - Chicken 'n rice, field peas, broccoli & cheese soup, ham & turkey wrap

October 31 - Pizza, corn, chicken noodle soup, turkey & cheese sandwich