





KNIGHT FOOD COURT

OCTOBER 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			≠ Buffalo Chicken Sandwich Teriyaki Chicken w/Rice V-Bean and Cheese Burrito w/Tortilla Chips & Salsa Assorted Vegetables Assorted Fruit	≠ Fishwich w/Curly Fries Teriyaki Chicken w/Rice V-Stuffed Pasta Shells w/Marinara Sauce Assorted Vegetables Assorted Fruit Applesauce Cake w/White Icing
***≠ Bacon Cheeseburger Teriyaki Chicken w/Rice V-Cheese Nachos Assorted Vegetables Assorted Fruit Fudge Bar	≠ Grilled Chicken Patty on a Bun Sweet & Sour Chicken w/Rice V-Cheese Quesadilla Assorted Vegetables Assorted Fruit Keebler Graham Bug Bite Snack	**Ivar's Clam Chowder w/Biscuit Teriyaki Chicken w/Rice V-Egg Roll w/Rice Assorted Vegetables Assorted Fruit	≠ Buffalo Chicken Sandwich Teriyaki Chicken w/Rice V-Bean and Cheese Burrito w/Tortilla Chips & Salsa Assorted Vegetables Assorted Fruit	No School Grades K-12
≈ Corndog w/Curly Fries Teriyaki Chicken w/Rice V-Cheesy Quiche Assorted Vegetables Assorted Fruit	**≠ Pork Chop Patty on a Bun Orange Chicken w/Rice V-Cheese Quesadilla Assorted Vegetables Assorted Fruit Molasses Cookie	Shrimp Poppers w/Curly Fries Teriyaki Chicken w/Rice V-Egg Roll w/Rice Assorted Vegetables Assorted Fruit	≠ Buffalo Chicken Sandwich Teriyaki Chicken w/Rice V-Bean and Cheese Burrito w/Tortilla Chips & Salsa Assorted Vegetables Assorted Fruit Orange Jell-O Cake	2 Beef Tacos Teriyaki Chicken w/Rice V-Stuffed Pasta Shells w/Marinara Sauce Assorted Vegetables Assorted Fruit
*** Bacon Cheeseburger Teriyaki Chicken w/Rice V-Cheese Nachos Assorted Vegetables Assorted Fruit Raspberry Sherbet Cup	Shrimp Poppers w/Curly Fries Sweet & Sour Chicken w/Rice V-Cheese Quesadilla Assorted Vegetables Assorted Fruit Snickerdoodle Cookie	Popcorn Chicken Bowl Teriyaki Chicken w/Rice V-Egg Roll w/Rice Assorted Vegetables Assorted Fruit	≠ Buffalo Chicken Sandwich Teriyaki Chicken w/Rice V-Bean and Cheese Burrito w/Tortilla Chips & Salsa Assorted Vegetables Assorted Fruit	≠ Fishwich w/Curly Fries Teriyaki Chicken w/Rice V-Stuffed Pasta Shells w/Marinara Sauce Assorted Vegetables Assorted Fruit Rice Krispie Treat
≈ Corndog w/Curly Fries Teriyaki Chicken w/Rice V-Cheese Nachos Assorted Vegetables Assorted Fruit	** ≠ Pork Chop Patty on a Bun Orange Chicken w/Rice V-Cheese Quesadilla Assorted Vegetables Assorted Fruit Chocolate Chip Cookie	Turkey Gravy w/Mashed Potatoes & Whole Wheat Roll Teriyaki Chicken w/Rice V-Egg Roll w/Rice Assorted Vegetables Assorted Fruit	≠ Buffalo Chicken Sandwich Teriyaki Chicken w/Rice V-Bean and Cheese Burrito w/Tortilla Chips & Salsa Assorted Vegetables Assorted Fruit Vanilla Ice Cream Cup	2 Beef Tacos Teriyaki Chicken w/Rice V-Stuffed Pasta Shells w/Marinara Sauce Assorted Vegetables Assorted Fruit Yellow Cake w/White Icing

Menu subject to change without notice.

*V-Vegetarian **Contains Pork ***Turkey Bacon ≠ Served on a Whole Wheat Bun

The district will charge a \$20.00 NSF check fee.

You must select 1 Entrée and at least 1-3 other items

Other items include milk, fruit and vegetable.

Breakfast Price:	\$1.75
Reduced Breakfast Price:	Free
Lunch Price:	\$2.75
Reduced Price:	\$0.40
Free:	Free

PROGRAM BENEFITS & SERVICES ARE AVAILABLE TO ALL CHILDREN WITHOUT REGARD TO RACE, COLOR, SEX, HANDICAP, AGE, OR NATIONAL ORIGIN.