

Welcome To The Knight Spot

December 2019

2

Southwest Meatloaf
with Gravy
Cajun Chili

BBQ Pork Sandwich
Garlic Mashed
Potatoes
Steamed Broccoli

3

Made to Order Stir
Fry with an Egg Roll
Chicken Noodle Soup

Chipotle Burger
Roasted Red Potato
Roasted Carrots

4

Sweet and Spicy Mac
Vegetarian Chili

Philly Cheesesteak
Baked Beans
Tater Tots
Fresh Steamed
Cauliflower

5

Cajun Meatballs
Parsley Noodles
Chicken Chili
Potato Wedges
Chicken Bacon melt
on Ciabatta
Fresh Roasted
Zucchini

6

Chicken Pot Pie
Chana Masala Soup

Parmesan Mashed
Potatoes
Custom Built Burgers
Seasoned Peas

9

Spicy Popcorn Chicken
Bowl with Garlic Toast
Tomato Soup

Triple Grilled Cheese
Sweet Potato Tots
Campfire Beans

10

Spaghetti Carbonara
with a breadstick
Chili

Sloppy Joe Melt
French Fries
Seasoned Broccoli

11

Beef Pot Roast with
Gravy and Dinner Roll
Chicken and White
Bean chili
Jerk Chicken Flatbread
Mashed Potatoes
Buttered Carrots

12

Made to Order Asian
Noodle Bowl with an
egg Roll
Chicken Rice Soup
Spicy Black bean
Burger
Potato wedges
Green Beans

13

No School

Staff Development
Day

16

Korean Meatballs and
Yellow Rice
Tikka Masala

Made to Order
Cheesesteak
Tater Tots
Steamed Broccoli

17

Hearty Chicken Stew
with a Biscuit
Chili Con Carne

Mashed Potatoes
Build a Burger
Seasoned Green
Beans

18

Cheesy Baked Penne
with Garlic Breadstick
Chicken Noodle Soup

BBQ Pork Sandwich
Roasted Red Potatoes
Steamed Carrots

19

Taco Casserole
Chicken Chipotle
Chili

Chili Cheese Dog
French Fries
Charro Black Beans

20

Made to Order Asian
Noodle Bowl
Vegetable Chili

Tater Bites
Chicken Quesadilla
Seasoned Corn

No School, Winter Break

Join us for Lunch...

We also offer Homemade Soup and Grilled
Cheese daily

A variety of Fresh Fruits and
Vegetables as well as 1% Plain Milk,
Skim Milk and Chocolate