

## Welcome To The Knight Spot January 2020

## Winter Break

2

Popcorn Chicken Chipotle Cheese Cup Chicken Tagine Soup

Cajun Burger Potato Wedges Campfire Beans 3

BBQ Chicken Mac and Cheese with a Bread Stick Tomato Soup Chipotle Chicken Burger Tater Bites Green Peas

6

Southwest Meatloaf with Gravy Cajun Chili

BBQ Pork Sandwich Garlic Mashed Potatoes Steamed Broccoli

8

Sweet and Sour Chicken with an Egg Roll Chicken Noodle Soup

Chipotle Burger Roasted Red Potato Roasted Carrots

Spaghetti Carbonara

with a breadstick

Sloppy Joe Melt

Seasoned Broccoli

Chicken Pot Pie with a

Chili Con Carne

Mashed Potatoes

Seasoned Green

**Build a Burger** 

French Fries

14

Chili

21

Biscuit

Beans

Sweet and Spicy Mac Vegetarian Chili

Philly Cheesesteak Baked Beans Tater Tots Fresh Steamed Cauliflower 9

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

10

Chicken Pot Pie Chana Masala Soup

Parmesan Mashed Potatoes Custom Built Burgers Seasoned Peas

13

Spicy Popcorn Chicken Bowl with Garlic Toast Tomato Soup

Triple Grilled Cheese Sweet Potato Tots Campfire Beans

15

Beef Pot Roast with Gravy and Dinner Roll Chicken and White Bean chili Jerk Chicken Flatbread Mashed Potatoes Buttered Carrots 16

Made to Order Asian Noodle Bowl with an egg Roll Chicken Rice Soup Spicy Black bean Burger Potato wedges Green Beans 17

Penne Pasta with Rose Alfredo and Chicken Bread Stick Cajun Chili Mushroom and Swiss Burger French Fries Roasted Zucchini

20

No School

Martin Luther King

Day

22

Cheesy Baked Penne with Garlic Breadstick Chicken Noodle Soup

BBQ Pork Sandwich Roasted Red Potatoes Steamed Carrots 23

Taco Casserole Chicken Chipotle Chili

Chili Cheese Dog French Fries Charro Black Beans 24

Made to Order Asian Noodle Bowl Vegetable Chili

Tater Bites Chicken Quesadilla Seasoned Corn

27

General Tso's Chicken Tikka Masala Soup

Brown Rice Cheese Steak with Peppers and Onion French Fries 28

Chicken Parmesan Rotini Pasta Chili Con Carne

BBQ Burger Tater Tots Seasoned Green Beans 29

Chili Stuffed Baked Potato Chicken and Rice Soup Corn Muffin Meatball Sub French Fries Orange Glaze Carrot 30

Chicken and Penne with Rose Alfredo Breadstick Chipotle Chili Potato Wedges Spicy Black Bean Burger with Cheese Seasoned Broccoli 31

Sweet and Sour Chicken Chana Masala Soup

Meatloaf Sandwich Mashed Potatoes Stir Fry Vegetables

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

