

## Welcome To The Knight Spot September 2019

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|--|---|--|--|---|
| 2<br>No School<br>Labor Day  | 3<br>Hearty Chicken Stew<br>with a Biscuit<br>Chili Con Carne<br>Mashed Potatoes<br>Fish Sandwich Melt<br>Seasoned Green<br>Beans   | 4<br>Cheesy Baked Penne<br>with Garlic Breadstick<br>Chicken Noodle Soup<br>BBQ Pork Sandwich<br>Roasted Red Potatoes<br>Steamed Carrots | 5<br>Taco Casserole<br>Chicken Chipotle<br>Chili<br>Chili Cheese Dog<br>French Fries<br>Charro Black Beans   | 6<br>Made to Order Asian<br>Noodle Bowl<br>Vegetable Chili<br>Tater Bites<br>Breaded Fish Filet<br>Sandwich<br>Seasoned Corn        |
| 9<br>Made to order Stir<br>Fry<br>Tikka Masala Soup<br>Brown Rice<br>Cheese Steak with<br>Peppers and Onion<br>French Fries  | 10<br>Chicken Parmesan<br>Rotini Pasta<br>Chili Con Carne<br>BBQ Burger<br>Tater Tots<br>Seasoned Green<br>Beans  | 11<br>Chili Stuffed Baked<br>Potato<br>Chicken and Rice<br>Soup<br>Corn Muffin<br>Meatball Sub<br>French Fries<br>Orange Glaze Carrot    | 12<br>Chicken and Penne<br>with Rose Alfredo<br>Breadstick<br>Chipotle Chili<br>Potato Wedges<br>Spicy Black Bean<br>Burger with Cheese<br>Seasoned Broccoli | 13<br>Made to Order Asian<br>Pasta Bowl<br>Chana Masala Soup<br>Meatloaf Sandwich<br>Mashed Potatoes<br>Stir Fry Vegetables         |
| 16<br>Baked Lasagna with a<br>Breadstick<br>Vegetable Chili<br>French Fries<br>Chili Cheese Dog<br>Corn with Margarine   | 17<br>Made to Order Asian<br>Noodle Bowl<br>Chicken Noodle Soup<br>Farmhouse Chicken<br>Sandwich<br>Roasted Red Potatoes  | 18<br>Ravioli in Marinara<br>Sauce with garlic bread<br>Chipotle Chili<br>Garlic Jalapeno Burger<br>Tater Tots<br>Green Beans            | 19<br>Popcorn Chicken<br>Chipotle Cheese Cup<br>Chicken Tagine Soup<br>Cajun Burger<br>Potato Wedges<br>Campfire Beans                                       | 20<br>BBQ Chicken Mac and<br>Cheese with a Bread<br>Stick<br>Tomato Soup<br>Chipotle Chicken<br>Burger<br>Tater Bites<br>Green Peas |
| 23<br>Southwest Meatloaf<br>with Gravy<br>Cajun Chili<br>BBQ Pork Sandwich<br>Garlic Mashed<br>Potatoes<br>Steamed Broccoli  | 24<br>Made to Order Stir<br>Fry with an Egg Roll<br>Chicken Noodle Soup<br>Chipotle Burger<br>Roasted Red Potato<br>Roasted Carrots   | 25<br>Sweet and Spicy Mac<br>Vegetarian Chili<br>Philly Cheesesteak<br>Baked Beans<br>Tater Tots<br>Fresh Steamed<br>Cauliflower         | 26<br>Cajun Meatballs<br>Parsley Noodles<br>Chicken Chili<br>Potato Wedges<br>Chicken Bacon melt<br>on Ciabatta<br>Fresh Roasted<br>Zucchini                 | 27<br>Chicken Pot Pie<br>Chana Masala Soup<br>Parmesan Mashed<br>Potatoes<br>Custom Built Burgers<br>Seasoned Peas                  |
| 30<br>Spicy Popcorn Chicken<br>Bowl with Garlic Toast<br>Tomato Soup<br>Triple Grilled Cheese<br>Sweet Potato Tots<br>Campfire Beans   |   |  |  |   |
| Join us for Lunch<br>We also offer Burgers, Fish Sandwich and<br>Grilled Cheese daily<br>Daily Offerings<br>Variety of fresh fruit and vegetables.<br>Milk: Chocolate Flavored, Skim, and 1% |   |  |  |   |

