

# CFS KNIGHTS

## OCTOBER LUNCH MENU

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  | <b>1</b><br>French Toast<br>Scrambled Eggs<br>Bacon<br>Home Fries           | <b>2</b><br>Chili Dogs<br>Green Beans<br>Tater Tots                                 | <b>3</b><br>Beef Stir Fry<br>White Rice<br>Asian Green Beans<br>Crab Rangoon    | <b>4</b><br>Chicken Pot Pie<br>Baby Carrots<br>Dinner Rolls               |
| <b>7</b><br>Cheeseburger<br>French Fries<br>Broccoli               | <b>8</b><br>Chicken Fajitas<br>Fire Roasted Corn<br>Chips & Salsa           | <b>9</b><br>Spaghetti & Meat Sauce<br>California Blend<br>Veggies<br>Garlic Toast   | <b>10</b><br>Popcorn Shrimp<br>Coleslaw<br>Curly Fries                          | <b>11</b><br>No School  |
| <b>14</b><br>Chicken Fingers<br>Mac & Cheese<br>Green Beans        | <b>15</b><br>Beef Chimichangas<br>Spanish Rice<br>Chips & Nacho Cheese      | <b>16</b><br>Chicken & Waffles<br>Cheesy Scrambled<br>Eggs                          | <b>17</b><br>Beef Stroganoff<br>Carrots<br>Dinner Rolls                         | <b>18</b><br>Toasted Ravioli<br>Caribbean Blend<br>Veggies<br>Breadsticks |
| <b>21</b><br>Sloppy Joe's<br>Tater Tots<br>Bacon Ranch<br>Broccoli | <b>22</b><br>Nachos<br>Taco Beef<br>Black Beans & Corn                      | <b>23</b><br>Chicken Alfredo<br>Bake<br>Winter Blend Veggies<br>Cheesy Garlic Toast | <b>24</b><br>MCSAA JOPLIN<br>No School  | <b>25</b><br>MCSAA JOPLIN<br>No School                                    |
| <b>28</b><br>Chicken Philly's<br>Green Beans<br>Waffle Fries       | <b>29</b><br>Beef & Bean Burritos<br>Street Corn<br>Chips & Nacho<br>Cheese | <b>30</b><br>Pulled Chicken<br>Baked Beans<br>Pasta Salad                           | <b>31</b><br>Country Fried Steak<br>Mashed Potatoes &<br>Gravy<br>Mixed Veggies |   |

