

# Black Knights' Cafe' March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Chicken Soft Taco	Mini Pork Sandwiches	Sweet and Sour Beef Rice Bowl	Homestyle Chik'n Nuggets
	Asian Bites	Pizza Max Sticks	Cheese/Beef Nachos	Captain Crunchy Fish Sandwich
	PBJ'wich	PBJ'wich	PBJ'wich	PBJ'wich
	Chef Salad	Wraps	Chef Salad	Deli-Licious Fresh Subs
	<b>Black Bean Empanadas</b>	<b>Veggie Chicken Sandwich</b>	<b>Veggie Teriyaki Sandwich</b>	<b>Veggie Chik'n Nuggets</b>
	Edamame Succotash	Multigrain Chips	Mini Egg Rolls	Groovy Green Garden Salad
	Oriental Carrots	Cheese and Broccoli Rice	Side Salad	Potato Smiles
	Veggie du Jour	Veggie du Jour	Cool Fruit Chillers	Veggie du Jour
Fresh Fruit Cut	Juice Bar Freezers	Fresh Fruit	Apple Grins	
Fresh Fruit	Fresh Fruit	Cheese Sticks	Crispy Fresh Fruit	
Pudding	Yogurt	Veggie du Jour	Smart Cookies	
		Dr. Seuss' Strawberry Shortcake		
				
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
All Natural Beefy Hot Dog	Chik'N Poppers	Mama's Italiano Calzones	Mexican Fiesta Beef Taco	<b>Manager's Choice</b>
Poppin Popcorn Shrimp	The Cheesiest Mac & Cheese	Gwinnett's Best Burger	That's Italian Piccolo Sub	
PBJ'wich	PBJ'wich	PBJ'wich	PBJ'wich	
Wrap 'n Roll Wraps	Chef Salad	Wrap 'n Roll Deli Wrap	Chef Salad	
<b>Very Veggie Burger</b>	<b>Yogurt Parfait</b>	<b>Veggie Chicken Parmesan</b>	<b>Spicy Empanadas</b>	
Southern Mashed Potatoes	Baked Beans	Broccoli w/ Cheese	Refried Beans	
Cheesy Broccoli	Potato Spirals	Side Salad	Fire Roasted Rice	
Crispy Fresh Fruit	Fresh Fruit Cut	Juice Bars	Fresh Fruit	
Hearty Carrot Bread	Wheat Roll	Fresh Fruit	Nutri-Grain Bar	
Veggie du Jour	Pudding	Yogurt	Cool Fruit Chillers	
	Veggie du Jour	Veggie du Jour	Veggie du Jour	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Southern Style Crispy Chik'n	Breakfast-Pancakes and Sausage	Tasty Turkey Pot Pie	Crispy Chik'n Sandwich	Burger Minis
Personal Pizza	Chicken Round-Ups	Crispy Chik'n Tenders	Mama's Spaghetti Meatballs	Under the Sea Crunch Fish Nuggets
PBJ'wich	PBJ'wich	PBJ'wich	PBJ'wich Sandwich	PBJ'wich
Wrap 'n Roll Deli Wraps	Chef Salad	Wrap 'N Roll Wraps	Sensational Chef Salads	Subs
<b>Very Veggie Chik'n Nuggets</b>	<b>Veggie Chicken Sandwich</b>	<b>Veggie Chik'n Nuggets</b>	<b>Spaghetti with Marinara</b>	<b>Yogurt Parfait</b>
Southern Style Mashed Potatoes	Hashbrowns	Organic Raisins	Crunchy Pretzel Twists	Flame Roasted Corn on the Cob
Cheesy Broccoli	Chillin' Juice	Groovy Green Garden Salad	Oven Baked Okra	Side Salad
Crispy Fresh Fruit	Veggie du Jour	Apple Slices with Yogurt Dip	Cool Fruit Chillers	Veggie du Jour
Hearty Carrot Bread	Fresh Cut Fruit	Crispy Fresh Fruit	Crispy Fresh Fruit	Orange Smiles
Grape Giggles	Fresh Fruit	YoYo Yogurt	Cheese Sticks	Fresh Fruit cut
Veggie du Jour	Pudding			Brownie Bites
				
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Corn Dog-Mini	Taco-Soft-Chicken and Cheese	Sandwich-Pork-Mini-ES	Rice Bowl-Combo	Chicken-Nuggets-Whole Grain
Sandwich-Grilled Cheese-Pizza-IW	Chicken-Asian Bites	Pizza-Max Sticks	Nachos- Combo-ES	Sandwich-Fish
Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW
Wrap-Combo	Salads-Chef-Combo	Wrap-Combo	Salads-Chef-Combo	Subs-Combo-ES
<b>Sandwich-Veggie-Burger</b>	<b>Empanadas-Black Bean</b>	<b>Hummus and Pita Chips</b>	<b>Sandwich- Veggie-Teriyaki</b>	<b>Veggie Chicken Nuggets</b>
Crackers- Scrabble Chz-Its	Edamame Succotash	Chips-Multigrain	Eggrolls-Mini-Side	Potato-Smiles
Soup-Combo	Carrots-Oriental	Rice- Cheese & Broccoli	Salad-Side-ES	Salad-Side-ES
Veggie du jour-Combo	Veggie du jour-Combo	Veggie du jour-Combo	Veggie du jour-Combo	Veggie du jour-Combo
Fruit-Fresh-Combo	Fruit-Fresh-Cut	Juice Bar-Combo-2oz.	Fruit-Chilled-Combo	Fruit-Fresh-Apple Grins
Carrots-Baby with Dip	Fruit-Fresh-Combo	Fruit-Fresh-Combo	Fruit-Fresh-Combo	Fruit-Fresh-Cut
	Pudding	Yogurt-Combo	Cheese Stick-Combo	Cookies-Smart
				
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Hot Dog-Beef-All Natural	Chicken-Popcorn	Pizza Calzone	Taco-Beef & Cheese	Meal Prices
Shrimp-Poppers	Macaroni & Cheese-Entrée-ES	Sandwich-Beef Burger-Combo	Sandwich-Piccolo Italian Sub	Full Paid Student \$1.75
Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Sandwich-PB&J-Wheat-Small-IW	Reduced .40
Wrap-Combo	Salads-Chef-Combo	Wrap-Combo	Salads-Chef-Combo	Milk .40
<b>Sandwich-Veggie-Burger</b>	<b>Yogurt-Parfait-Entrée</b>	<b>Sandwich-Veggie-Chicken Parm</b>	<b>Empanadas-Black Bean</b>	
Apples-Roasted	Beans-Baked	Broccoli-Steamed with Cheese Sauce	Beans-Refried	
Cauliflower-Gratin	Potato-Spirals	Salad-Side-ES	Rice-Sante Fe	You can pay for meals online @ Mealpayplus.com
Veggie du jour-Combo	Veggie du jour-Combo	Veggie du jour-Combo	Veggie du jour-Combo	
Fruit-Fresh-Combo	Fruit-Fresh-Cut	Juice Bar-Combo-2oz.	Fruit-Chilled-Combo	
Rice- Honey BBQ	Roll- Wheat	Fruit-Fresh-Combo	Fruit-Fresh-Combo	Please be sure to put all money sent to school in an envelope with the student's and teacher's name.
	Pudding	Yogurt-Combo	Bar-NutriGrain-Combo	

In the operation of the child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap. If you believe you have been discriminated against, write to the Secretary of Agriculture, Washington DC, 2020  
Menus are subject to change due to deliveries, product availability, and local school events.