

Get the ENERGY!

*Energize your body ~
Energize your mind~*

Breakfast is a great way to start your day. Eating breakfast has shown to improve a student's concentration and performance on mental tasks .

No time to sit down?

Quick ideas to jumpstart their day:

- Toast with Cheese
- Smoothie
- Yogurt
- Bagel with Cream Cheese
- Hot Dog bun with Peanut Butter - add a banana (no mess)
- Hard Boiled Eggs (cook the day before)
- Handful of nuts on the way out the door
- Cup of Fruit

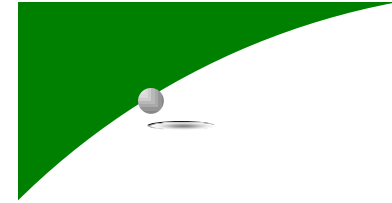


The staff that will be serving you this year:

Donna Beck	9 th year of service
Donna Bachman	17 th year of service
Judy Doby	16 th year of service
Renee Furman	6 th year of service
Mary Lamb	12 th year of service
Stephen Libby	29 th year of service
Jody Mauldin	12 th year of service
Arlene Santos	14 th year of service

Thank you for the opportunity to serve along side you in the education of your children.

A food allergen chart will be posted in the dining area for items that are prepared in the kitchen.



The Knights Table



Food Services Department

2016 - 2017

Director:
Stephen Libby
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Stephen.Libby@northsidecharlotte.com

Throughout the year we will be offering family breakfasts. Look for information to follow.

Parents are always welcome to have lunch with students during the child's lunch time.



If you make sure that the hungry and oppressed have all that they need, then your light will shine in the darkness, and even your bleakest moments will be bright as a clear day. Isaiah 58:10

We want to welcome you as we begin a new year educating your children. Lunch time provides a break from the rigors of learning and a time to recharge the students through nutrition and friendships.

We believe one of the most important ways in which we can help your children perform better in the classroom is to provide them with the nutrition necessary for the healthy growth of their minds and bodies.

We are continuing to update menus and selections. The goal of our department is to strive to provide students with a wide variety of appealing, nutritious high quality wholesome food at a reasonable price.

The menus for the school year are on a four week cycle. Changes will be made when needed for holidays and special events. A two week menu will be available on the website.

Line A

The lunch price includes an entrée, two sides, dessert and beverage.

Regular Lunch.....	\$3.70
Large Lunch.....	\$4.50
Chicken Fillet Sandwich.....	\$2.70

Light and Healthy

Yogurt (assorted).....	\$.80
Fresh fruit Variety.....	\$.80
Chef Salad.....	\$2.75
D.I.Y. Salad.....	\$.80
Baked Chips.....	\$.85
Popcorn.....	\$.60
Pretzels.....	\$.60

Line B

A La Carte Menu:

Pizza.....	\$2.15
Hot Dogs.....	\$1.30
Hamburger.....	\$1.75
Cheeseburger.....	\$2.00
Pizza Sticks.....	\$1.30
French Fries.....	\$1.10

Beverage

100% Fruit Juice.....	\$.60
Milk.....	\$.60
Water.....	\$.60
Gatorade.....	\$1.15

Aren't you glad that not everyone likes the same things? To make it easier for the students we offer a selection of specialty items throughout the week.

Specialty Items

BBQ Sandwich (M)

Mozzarella Sticks (T)

Buffalo Chicken Wings (T)

Nachos and Cheese (W)

Made -to- Order Deli Sandwich (W)

Soft Pretzel (TH)

Chicken Drumsticks (TH)

Baked Potato (M,W,F)

Again this year we are adding additional items on the *Knights Table* menu. A D.I.Y. (Do It Yourself) Salad bar, either as a side salad or Chef Salad as well as Soup will be offered during the week. On Friday we will offer fresh grilled Panini Sandwiches.