

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

Throughout the year we will be offering *The Knights Table* family breakfast. Families will have an opportunity to sit down together and eat a nutritional breakfast to begin their day. Information will follow throughout the year.

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

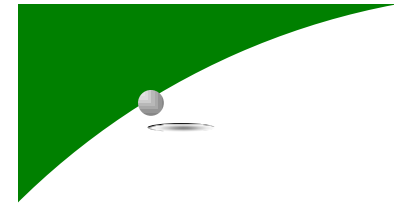


The staff that will be serving you this year:

Donna Beck	10 th year of service
Donna Bachman	18 th year of service
Judy Doby	17 th year of service
Renee Furman	7 th year of service
Mary Lamb	13 th year of service
Stephen Libby	30 th year of service
Jody Mauldin	13 th year of service
Arlene Santos	15 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

2017 - 2018

Director:
Stephen Libby
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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, and 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.....	\$3.75
Large Lunch.....	\$4.60
Chicken Fillet Sandwich.....	\$2.70

Light and Healthy

Yogurt (assorted).....	\$.80
Fresh fruit Variety.....	\$ 1.00
Chef Salad.....	\$ 2.75
D.I.Y. Salad.....	\$ 1.25
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.....	\$1.25

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)

Soft Pretzel (TH)

Chicken Drumsticks (TH)

Baked Potato (M,W,F)

We will continue with last years favorites ~ D.I.Y. (Do It Yourself) Salad bar and Panini Sandwiches. Again this year we will add additional items to The *Knights Table* menu.

Please contact us if you have any suggestions or comments.