



MARCH | 2019

EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25 FREE/REDUCED APPLICATIONS ARE AVAILABLE IN BUILDING OFFICES & AT ekschools.org

26
5 Soft Taco
Or
Deli Sub
Refried Beans
Mix Tropical Fruit
Milk

27 JR/SR LUNCH PRICES
LUNCH \$2.50
REDUCED \$.40
MILK \$.50

28
6 Mac & Cheese/Roll
Or
Asst. Chicken Wrap
Normandy Blend
Pears
Milk

1 Salisbury Steak/Roll
Or
Pepperoni Pizza
Mash Potato/Gravy
Mix Tropical Fruit
Milk

4 Pizza Sub
Or
Chicken Patty/Bun
Peas & Carrots
Pineapple
Milk

5 Soft Taco
Or
Deli Sub
Refried Beans
Mix Tropical Fruit
Milk

6 Mac & Cheese/Roll
Or
Asst. Chicken Wrap
Normandy Blend
Pears
Milk

7 General Tso Chicken
W/Rice & Egg Roll
Or
Deli Sub
Fareast Blend Veggie
Mandarin Oranges
Milk

8 Drumsticks/Roll
Or
Cheese Pizza
Au Gratin Potato
Peaches
Milk

11 Philly Sub
Or
Chicken Patty/Bun
California Blend
Pineapple
Milk

12 BBQ PORK/Bun
Or
Deli Sub
Baked Beans
Mix Tropical Fruit
Milk

13 Meatball Sub
Or
Asst. Chicken Wrap
Mixed Veggies
Peaches
Milk

14 Mash Potato Bowls/Roll
Or
Deli Sub
Corn
Mandarin Oranges
Milk

15 Cheeseburger/Bun
Or
Cheese Pizza
Green Beans
Applesauce
Milk

18 Grilled Cheese
Or
Chicken Patty/Bun
Tomato Soup
Pears
Milk

19 Chicken Quesadilla
Sour Cream & Salsa
Or
Deli Sub
Carrots
Applesauce
Milk

20 Marzetti/Breadstick
Or
Asst. Chicken Wrap
Succotash
Fruit Cocktail
Milk

21 Burrito Bar
Or
Deli Sub
Black or Refried Beans
Mandarin Oranges
Milk

22 DOMINO'S PIZZA
CORN
STRAWBERRY CUPS
MILK

25 Calzones
Or
Chicken Patty/Bun
Scandinavian Veggies
Pears
milk



News

OFFERED DAILY

CHEF SALAD
VEGGIE BAR

FRESH SEASONAL FRUIT

MENU IS SUBJECT TO CHANGE

BREAKFAST IS FREE TO ALL STUDENTS!!!!

BULLDOG HAPPENINGS

March 12th Junior Class

ACT Make-Up

March 22nd NHS Induction

March 25th Make-Up Day

March 26-29 Spring Break

