



# FEBRUARY | 2023

## EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3** JR/SR HIGH PRICES  
STUDENTS \$2.50  
REDUCED \$.40  
MILK \$.50  
ADULT \$3.25

**3** APPLICATIONS ARE  
AVAILABLE IN ALL  
BUILDING OFFICES  
AND ON  
ekschools.org

**1** BAKED POTATO BAR/ROLL  
ASST CHICKEN WRAP  
BROCCOLI  
PINEAPPLE  
MILK

**2** CHICKEN PARMESAN/BUN  
QUESADILLA  
TATER TOTS  
MANDARIN ORANGES  
MILK

**3** POPCORN CHICKEN/ROLL  
PEPPERONI PIZZA  
CARROTS  
MIXED BERRIES  
MILK

**6** BBQ PORK/BUN  
CHICKEN PATTY/BUN  
BAKED BEANS  
PEACHES  
MILK

**7** GRILLED CHEESE  
DELI SUB  
TOMATO SOUP  
MIXED TROPICAL FRUIT  
MILK

**8** CHEESEBURGER/BUN  
ASST CHICKEN WRAP  
WAFFLE FRIES  
PINEAPPLE  
MILK

**9** MARZETTI/BREADSTICK  
CALZONE  
NORMANDY BLEND  
MANDARIN ORANGES  
MILK

**10** DOMINO'S PIZZA  
GREEN BEANS  
STRAWBERRY CUP  
MILK

**13** PIZZA SUB  
CHICKEN PATTY/BUN  
HASH BROWNS  
PEARS  
MILK

**14** SALISBURY STEAK/ROLL  
DELI SUB  
MASH POTATO/GRAVY  
APPLESAUCE  
MILK

**15** CHICKEN & NOODLES/ROLL  
ASST CHICKEN WRAP  
PEAS & CARROTS  
PINEAPPLE  
MILK

**16** SPAGHETTI/MEATSAUCE  
BREADSTICK  
QUESADILLA  
MIX VEGGIES  
MANDARIN ORANGES  
MILK

**17** DRUMSTICK/BISCUIT  
CHEESE PIZZA  
BUFFALO CAULIFLOWER  
MIXED BERRIES  
MILK

**20** NO SCHOOL



**21** FRENCH BREAD PIZZA  
DELI SUB  
CALIFORNIA BLEND  
FRUIT SALAD  
MILK

**22** BBQ BURGER  
ASST CHICKEN WRAP  
COWBOY BEANS  
PINEAPPLE  
MILK

**23** CHICKEN  
ALFREDO/BREADSTICK  
CALZONE  
GARLIC SWEET POTATOES  
MANDARIN ORANGES  
MILK

**24** DOMINO'S PIZZA  
GREEN BEANS  
STRAWBERRY CUP  
MILK

**27** MEATBALL SUB  
CHICKEN PATTY/BUN  
PRINCE CHARLES VEGGIES  
PEACHES  
MILK

**28** MASH POTATO BOWL  
DELI SUB  
CORN  
APPLESAUCE  
MILK



**2**



### News

CHEF SALAD/CROUTONS  
FRESH SEASONAL FRUIT  
FRESH VEGGIE BAR

MENU IS SUBJECT TO  
CHANGES

BREAKFAST IS FREE FOR  
ALL STUDENTS

USDA IS NO LONGER  
OFFERING FREE LUNCH  
FOR ALL STUDENTS.  
PLEASE FILL OUT A  
FREE/REDUCED LUNCH  
APPLICATION

THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER

BULLDOG HAPPENINGS  
NO SCHOOL 20<sup>TH</sup>

