



DECEMBER | 2021

EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 Jr/Sr High Lunch
Prices Students
\$2.50 Reduced \$.40
Milk \$.50
Adults \$3.50

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

1
CHEESEBURGER/BUN
ASST CHICKEN WRAP
TATER TOTS
PINEAPPLE
MILK

2
CHICKEN PARMASEAN/BUN
QUESADILLA
PRINCE CHARLES VEGGIES
MANDARIN ORANGES
MILK

3
POPCORN CHICKEN/ROLL
CHEESE PIZZA
AU GRATIN
MIX FRUIT CUPS
MILK

6
TACO IN A BAG
CHICKEN PATTY/BUN
REFRIED BEANS
DICED PEARS
MILK

7
SHREDDED CHICKEN/BUN
DELI SUB
NORMANDY BLEND
APPLESAUCE
MILK

8
TURKEY & NOODLES/ROLL
ASST CHICKEN WRAP
CARROTS
PINEAPPLE
MILK

9
SPAGHETTI/MEAT SAUCE
BREAD STICK
QUESADILLA
GARLIC SWEET POTATO
MANDARIN ORANGES
MILK

10
FISH STICK/ROLL
PIZZA
BUFFALO CAULIFLOWER
FRUIT
MILK

13
PIZZA SUB
CHICKEN PATTY/BUN
PEAS & CARROTS
DICED PEACHES
MILK

14
FRENCH BREAD PIZZA
DELI SUB
CALIFORNIA BLEND
MIX TROPICAL FRUIT
MILK

15
JALAPENO BURGER/BUN
ASST CHICKEN WRAP
CORN
PINEAPPLE
MILK

16
DRUMSTICK/CORN BREAD
QUESADILLA
SCALLOP POTATOES
MANDARIN ORANGES
MILK

17
DOMINO'S PIZZA
GREEN BEANS
APPLESAUCE CUPS
MILK



21 Happy
Holidays!



News
OFFERED DAILY
CHEF SALAD/CRACKERS
FRESH SEASONAL FRUIT
FRESH VEGGIE BAR

BREAKFAST IS FREE TO
ALL STUDENTS!!

USDA IS PROVIDING A
FREE LUNCH TO ALL
STUDENTS

DAILY MENU IS SUBJECT
TO CHANGE!!

THIS INSTITUTION IS
AN EQUAL PROVIDER

BULLDOG HAPPENINGS
7TH BAND CONCERT 7:30
16TH PICTURE RETAKES
17TH END OF 9 WEEKS
M-TH AFTER SCHOOL
TUTORING

