

SEPTEMBER | 2022

East Knox Elementary




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 Breakfast is free to all students!	30	31	1	2
	6 Chicken Strips Ranch Potatoes Peaches Milk	7 Hot Dogs Baked Beans Tropical Fruit Milk	8 Ravioli Green Beans Mandarin Oranges Milk	9 Cheese Pizza Fresh Fruit and veggies Milk
12 Popcorn chicken Mashed Potatoes/gravy Pears Milk	13 Quesadilla Carrots Applesauce Milk	14 Macaroni&Cheese Broccoli Fruit Cocktail Milk	15 Spaghetti/meatballs Salad Garlic Bread Pineapple	16 French bread Pull Apart Fresh fruit and veggies Milk
19 Chicken Sticks French Fries Peaches Milk	20 Walking Taco Refried Beans Fruit Cup Milk	21 Mini Corn dogs Green Beans Tropical Fruit Milk	22 Chicken Drumstick /roll Mashed Potatoes/gravy Mandarin Oranges Milk	23 Pizza Quesadilla Fresh fruit and veggies Milk
26 Chicken Nuggets Green Beans Pears Milk	27 Deli sub Carrots Fruit Cup Milk	28 Hamburger/bun French Fries Fruit Cocktail Milk	29 French toast sticks Hash browns Sausage Mandarin Oranges Milk	30 Dominos Fresh Fruit and veggies Milk

News

Offered Daily:

Chef Salad with croutons

PB&J sandwich with a cheese stick

Prices:

Lunch: \$2.50

Milk: .50

Adult: \$3.25

Reduced: .40

Menu is subject to Change

Myschoolbucks.com is a great resource to make contactless payments on lunch accounts.

Lunches are not free this year please fill out a free/reduced form to see if you qualify.