

# AUGUST | 2023

## EAST KNOX HIGH LUNCH




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31 WELCOME CLASS OF 2029	1	2 	3	4 HAVE A GREAT YEAR CLASS OF 2024
7	8 JR/SR HIGH PRICES STUDENTS \$2.50 REDUCED \$.00 MILK \$.50 ADULT \$3.25	9	10 APPLICATIONS ARE AVAILABLE IN ALL BUILDING OFFICES. DOWNLOAD AT <a href="http://ekschools.org">ekschools.org</a> and final forms	11
14	15	16	17 ROTINI/BREADSTICK QUESADILLA ZUCCHINI STICKS MANDARIN ORANGES MILK	18 DRUMSTICKS/BISCUIT PEPPERONI PIZZA AU GRATIN POTATOES MIXED BERRIES MILK
21 BBQ PORK/BUN CHICKEN PATTY/BUN COLE SLAW DICED PEACHES MILK	22 FRENCH BREAD PIZZA DELI SUB BAKED BEANS APPLESAUCE MILK	23 CHICKEN POT PIE/BISCUIT ASST CHICKEN WRAP NORMANDY BLEND PINEAPPLE MILK	24 LASAGNA/BREADSTICK CALZONE GREEN BEANS MANDARIN ORANGES MILK	25 CHICKEN FINGERS/ROLL MEXICAN PIZZA CAULIFLOWER ASST FRUIT MILK
28 MINI CORN DOGS CHICKEN PATTY/BUN SOUTHERN WHITE BEAN DICED PEACHES MILK	29 GENERAL TSO CHICKEN FRIED RICE & EGG ROLL DELI SUB FAR EAST VEGGIES MIX TROPICAL FRUIT MILK	30 BURGER BAR/BUN ASST CHICKEN WRAP WAFFLE FRIES PINEAPPLE MILK	31 CHICKEN ALFREDO/BREADSTICK QUESADILLA GARLIC SWEET POTATOES MANDARIN ORANGES MILK	1

### 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

**WELCOME  
BACK!**