

SEPTEMBER | 2022

EAST KNOX JR/SR HIGH LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29
WELCOME CLASS
OF
2028

30
JR/SR HIGH PRICES
STUDENTS \$2.50
REDUCED \$.40
MILK \$.50
ADULT \$3.25



1
APPLICATIONS ARE
AVAILABLE IN ALL
BUILDING OFFICES AND ON
ekschools.org

2
HAVE A GREAT YEAR
CLASS OF
2023



6
SOFT TACOS
DELI SUB
REFRIED/BLACK BEANS
FRUIT COCKTAIL
MILK

7
MAC & CHEESE/SLOPPY
ASST CHICKEN WRAP
BROCCOLI
PINEAPPLE
MILK

8
SPAGHETTI/MEATSAUCE
BREADSTICK
QUESADILLA
GREEN BEANS
MANDARIN ORANGES
MILK

9
CHICKEN STRIPS/ROLL
PEPPERONI PIZZA
SCALLOP POTATOES
APPLESAUCE CUPS
MILK

12
MEATBALL SUB/BUN
CHICKEN PATTY /BUN
PRINCE CHARLES
DICED PEACHES
MILK

13
MASH POTATO BOWL/ROLL
DELI SUB
CORN
APPLESAUCE
MILK

14
BBQ CHEESEBURGER/BUN
ASST CHICKEN WRAP
CARROTS
PINEAPPLE
MILK

15
ROTINI/GARLIC BREAD
CALZONE
ZUCCHINI STICKS
MANDARIN ORANGES
MILK

16
DRUMSTICKS/ROLL
CHEESE PIZZA
CAULIFLOWER
MIXED BERRIES
MILK

19
BEEF ENCHILADAS
CHICKEN PATTY/BUN
REFRIED/BLACK BEANS
DICED PEARS
MILK

20
FRENCH BREAD PIZZA
DELI SUB
PEAS & CARROTS
MIX TROPICAL FRUIT
MILK

21
CHICKEN POT PIE/BISCUIT
ASST CHICKEN WRAP
NORMANDY BLEND
PINEAPPLE
MILK

22
LASAGNA/GARLIC BREAD
QUESADILLA
SUCCATASH
MANDARIN ORANGES
MILK

23
CHICKEN FINGERS/ROLL
MEXICAN PIZZA
AU GRATIN POTATOES
APPLESAUCE CUPS
MILK

26
MINI CORN DOGS
CHICKEN PATTY/BUN
SOUTHERN WHITE BEANS
DICED PEACHES
MILK

27
GENERAL TSO CHICKEN
FRIED RICE/EGG ROLL
DELI SUB
FAR EAST BLEND
APPLSAUCE
MILK

28
CHEESEBURGER/BUN
ASST CHICKEN WRAP
BAKED BEANS
PINEAPPLE
MILK

29
CHICKEN ALFREDO/GARLIC
BREAD
CALZONE
GARLIC SWEET POTATOES
MANDARIN ORANGES
MILK

30
DOMINO'S
PEPPERONI/CHEESE
GREEN BEANS
STRAWBERRY CUPS
MILK

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!**