



# JANUARY | 2022

## EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>MINI CORN DOGS CHICKEN PATTY/BUN SOUTHERN WHITE BEANS PEARS MILK</p>	<p><b>4</b></p> <p>BEEF ENCHILADAS DEIL SUB NNORMANDY BLEND MIX TROPICAL FRUIT MILK</p>	<p><b>5</b></p> <p>CHICKEN POT PIE CHICKEN WRAP CORN PINEAPPLE MILK</p>	<p><b>6</b></p> <p>CHICKEN PARMASEAN/BUN QUESADILLA PRINCE CHARLES MANDARIN ORANGES MILK</p>	<p><b>7</b></p> <p><b>DOMINO'S</b> GREEN BEANS APPLESAUCE CUPS MILK</p>
<p><b>10</b></p> <p>BBQ PORK/BUN CHICKEN PATTY/BUN BAKED BEANS PEACHES MILK</p>	<p><b>11</b></p> <p>FRENCH BREAD PIZZA DELI SUB SUCCATASH APPLESAUCE MILK</p>	<p><b>12</b></p> <p>CHICKEN &amp; NOODLES/ROLL CHICKEN WRAP PEAS &amp; CARROTS PINEAPPLE MILK</p>	<p><b>13</b></p> <p>ROITINI/BREADSTICK QUESADILLA MIXED VEGGIES MANDARIN ORANGES MILK</p>	<p><b>14</b></p> 
<p><b>17</b></p> 	<p><b>18</b></p> <p>PIZZA SUB CHICKEN PATTY/BUN CARROTS MIX TROPICAL FRUIT MILK</p>	<p><b>19</b></p> <p>MAC &amp; CHEESE/SLOPPY JOE CHICKEN WRAP BROCCOLI PINEAPPLE MILK</p>	<p><b>20</b></p> <p>CHICKEN ALFREDO/BREADSTICK QUESADILLA GARLIC SWEET POTATO MANDARIN ORANGES MILK</p>	<p><b>21</b></p> <p>CHICKEN STICS/ROLL PIZZA ROASTED GARLIC POTATO FRUIT CUPS MILK</p>
<p><b>24</b></p> <p>TACO IN A BAG CHICKEN PATTY/BUN REFRIED BEANS PEARS MILK</p>	<p><b>25</b></p> <p>GENERAL TSO CHICKEN FRIED RICE &amp; EGG ROLL FAR EAST VEGGIES APPLESAUCE MILK</p>	<p><b>26</b></p> <p>CHEESEBURGER/BUN CHICKEN WRAP TATER TOTS PINEAPPLE MILK</p>	<p><b>27</b></p> <p>LASAGNA/BREADSTICK QUESADILLA CALIFORNIA BLEND MANDARIN ORANGES MILK</p>	<p><b>28</b></p> <p><b>DOMINO'S</b> GREEN BEANS APPLESAUCE CUPS MILK</p>
<p><b>31</b></p> <p>TURKEY BURGER/BUN CHICKEN PATTY/BUN HASHBROWN PEACHES MILK</p>		<p><b>2</b> FREE REDUCED APPLICATIONS ARE AVAILABLE IN BUILDING OFFICES &amp; AT <a href="http://ekschools.org">ekschools.org</a></p>	<p><b>3</b></p> 	<p><b>4</b> Jr/Sr High Lunch Prices Students \$2.50 Reduced \$.40 Milk \$.50 Adults\$3.50</p>

### 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  
13<sup>TH</sup> BLOOD DRIVE  
14<sup>TH</sup> & 17<sup>TH</sup> NO SCHOOL  
20<sup>TH</sup> & 25<sup>TH</sup> PARENT TEACHER CONFERENCES

**HAPPY NEW YEAR**  
**2022**