



JANUARY | 2019

EAST KNOX ELEMENTARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31</p>	<p>1</p>	<p>2</p> <p>Chicken strips Ranch potatoes Fruit cocktail Milk</p>	<p>3</p> <p>Chili cheese nachos Corn Pears Milk</p>	<p>4</p> <p>French bread pizza Fresh veggies Fresh fruit Milk</p>
<p>7</p> <p>Chicken patty / bun Green beans Tropical fruit Milk</p>	<p>8</p> <p>Pancakes Hash browns Sausage Mandarin oranges Milk</p>	<p>9</p> <p>Salisbury steak Dinner roll Mashed potatoes Gravy Peaches Milk</p>	<p>10</p> <p>Quesadilla Salsa/ sour cream Steamed broccoli Applesauce Milk</p>	<p>11</p> <p>Pizza Fresh veggies Fresh fruit Milk</p>
<p>14</p> <p>Mini corn dogs Ranch potatoes Fruit cocktail Milk</p>	<p>15</p> <p>Frito pie Corn Pineapple Milk</p>	<p>16</p> <p>Hot dogs/ bun Baked beans Applesauce Milk</p>	<p>17</p> <p>Pizza Fresh veggies Fresh fruit Milk</p>	<p>18</p>
<p>21</p>	<p>22</p> <p>Popcorn chicken Mashed potatoes Gravy Peaches Milk</p>	<p>23</p> <p>Hamburger / bun Sweet potato fries Pears Milk</p>	<p>24</p> <p>Tomato soup Crackers Grilled cheese Pineapple Milk</p>	<p>25</p>
<p>28</p> <p>Ravioli Garlic bread Corn Tropical fruit Milk</p>	<p>29</p> <p>Bbq pork / bun Green beans Fruit cocktail Milk</p>	<p>30</p> <p>Chicken strips Scalloped potatoes Peaches Milk</p>	<p>31</p> <p>Chicken pot pie Pineapple Milk</p>	<p>1</p>

News

OFFERED DAILY:

FRESH VEGGIES

CHEF SALAD WITH
CROUTONS

BULLDOG LUNCHABLE

PB & J WITH CHEESE

MENU IS SUBJECT TO
CHANGE!

BREAKFAST IS FREE TO
ALL STUDENTS