



# JANUARY | 2024

## EAST KNOX HIGH LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3 BRUNCH FOR LUNCH  
ASST CHICKEN WRAP  
HASHBROWN  
PINAPPLE  
MILK

4 CHICKEN PARM SAND/BUN  
QUESADILLA  
NORMANDY BLEND  
MANDARIN ORANGES  
MILK

5 CHICKEN STICKS/ROLL  
MEXICAN PIZZA  
CAULIFLOWER  
MIX BERRIES  
MILK

8 BBQ PORK/BUN  
CHICKEN PATTY/BUN  
COLE SLAW  
DICED PEARS  
MILK

9 SOFT TACOS  
DELI SUB  
FIRE ROASTED CORN  
MIX TROPICAL FRUIT  
MILK

10 BAKED POTATO BAR  
ASST CHICKEN WRAP  
BROCCOLI  
PINEAPPLE  
MILK

11 ROTININ/BREADSTICK  
CALZONE  
PRINCE CHARLES VEGGIE  
MANDARIN ORANGES  
MILK



16 GRILLED CHEESE  
DELI SUB  
TOMATO SOUP  
APPLESAUCE  
MILK

17 CHICKEN & NOODLES/ROLL  
ASST CHICKEN WRAP  
CORN  
PINEAPPLE  
MILK

18 LASAGNA/BREADSTICK  
QUESADILLA  
MIX VEGGIES  
MANDARIN ORANGES  
MILK

19 DRUMSTICKS/BISCUIT  
CHEESE PIZZA  
SCALLOP POTATOES  
APPLESAUCE CUPS  
MILK

22 MEATBALL SUB/BUN  
CHICKEN PATTY/BUN  
CALIFORNIA BLEND  
DICED PEACHES  
MILK

23 GENERAL TSO CHICKEN  
FRIED RICE & EGG ROLL  
DELI SUB  
FAR EAST VEGGIE  
FRUIT COCKTAIL  
MILK

24 TURKEY TACOS  
ASST CHICKEN WRAP  
CARROTS  
PINEAPPLE  
MILK

25 CHICKEN ALFREDO/BREADSTICK  
CALZONE  
GARLIC SWEET POTATOES  
MANDARIN ORANGES  
MILK

26 DOMINO'S  
GREEN BEANS  
STRAWBERRY CUPS  
MILK

29 MINI CORN DOGS  
CHICKEN PATTY/BUN  
SOUTHERN WHITE BEANS  
PEARS  
MILK

30 PIZZA CRUNCHERS  
DELI SUB  
PEAS & CARROTS  
APPLESAUCE  
MILK

31 BURGER BAR  
ASST CHICKEN WRAP  
WAFFLE FRIES  
PINEAPPLE  
MILK

1 JR/SR HIGH PRICES  
STUDENTS \$2.50  
REDUCED \$.00  
MILK \$.50  
ADULT \$3.25

2 APPLICATIONS ARE  
AVAILABLE IN ALL  
BUILDING  
OFFICES.  
DOWNLOAD AT  
ekschools.org and FINAL FORMS

### News

**AVAILABLE DAILY**  
CHEF SALAD/CROUTONS  
FRESH SEASONAL FRUIT  
FRESH VEGGIE BAR

MENU IS SUBJECT TO  
CHANGES

BREAKFAST IS FREE FOR  
ALL STUDENTS

BULLDOG HAPPENINGS:  
3<sup>RD</sup> BACK TO SCHOOL  
11<sup>TH</sup> BLOOD DRIVE  
12<sup>TH</sup> & 15<sup>TH</sup> NO SCHOOL

PLEASE FILL OUT A  
FREE/REDUCED  
LUNCH  
APPLICATION

THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER

