

NOVEMBER | 2019



EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29 Jr/Sr High Lunch Prices
Students \$2.50
Reduced \$.40
Milk \$.50
Adults \$2.75

29
5 GENERAL TSO CHICKEN
FRIED RICE & EGG ROLL
BUFFALO CALZONE
DELI SUB
ASIAN VEGGIES
MIX TROPICAL FRUIT

30 FREE REDUCED
APPLICATIONS ARE
AVAILABLE IN BUILDING
OFFICES & AT
ekschools.org

31
7 LASAGANA/GARLIC BREAD
MEXICAN PIZZA
DELI SUB
BROCCOLI SALAD
MANDARIN ORANGES
MILK

1 DRUMSTICK/BISCUIT
CHEESEBURGER/BUN
PEPPERONI PIZZA
AU GRATIN POTATOES
MIX BERRY CUPS
MILK

4 SOFT TACO
CHICKEN PATTY/BUN
PIZZA SUB
CORN
PEACHES
MILK

12 BEEF ENCHILADAS
CALZONE
DELI SUB
NORMANDY BLEND
APPLESAUCE
MILK

6 BEEF STROGANOFF/ROLL
BUFFALO CHICKEN PIZZA
ASST CHICKEN WRAP
ZUCCHINI STICKS
PINEAPPLE
MILK

14 CHICKEN PARM/BUN
FRENCH BREAD PIZZA
DELI SUB
CALIFORNIA BLEND
MANDARIN ORANGES
MILK

8 DOMINO'S
MINI BURGER/BUN
GREEN BEANS
STRAWBERRY CUP
MILK

11 MINI CORN DOGS
CHICKEN PATTY/BUN
QUESADILLA
BAKED BEANS
PEARS
MILK

19 SALISBURY STEAK/ROLL
BUFFALO CALZONE
DELI SUB
PRINCE CHARLES VEGGIES
MIX TROPICAL FRUIT
MILK

13 CHICKEN POT PIE
CHEESE PIZZA
ASST CHICKEN WRAP
CORN
PINEAPPLE
MILK

21 THANKSGIVING DINNER
TURKEY
MASH POTATO/GRAVY
SWEET POTATO
DRESSING
WARM CINNAMON APPLE
MILK

15 POPCORN CHICKEN/ROLL
TURKEY BURGER/BUN
PEPPERONI PIZZA
SCALLOP POTATO
MIX BERRY CUPS
MILK

18 TACO IN A BAG
CHICKEN PATY/BUN
PIZZA SUB
REFRIED BEANS
PEACHES
MILK

26 BURRITO BAR
DELI SUB
CALZONE
BLACK OR REFRIED BEANS
APPLESAUCE
MILK

20 SHEPARD'S PIE/ROLL
BUFFALO CHICKEN PIZZA
ASST CHICKEN WRAP
CARROTS
PINEAPPLE
MILK

28 Count Your Blessings

22 DOMINO'S
MINI BURGER/BUN
GREEN BEANS
STRAWBERRY CUP
MILK

25 SLOPPY JOE/BUN
CHICKEN PATTY/BUN
QUESADILLA
HASH BROWN STACKER
PEARS
MILK

27 Give Thanks
Happy Thanksgiving

29 NO SCHOOL
NOVEMBER 27-29
AND
DECEMBER 2ND

News

OFFERED DAILY
CHEF SALAD/CRACKERS
FRESH SEASONAL FRUIT
FRESH VEGGIE BAR

**BREAKFAST IS FREE
TO ALL STUDENTS!!**

**MENU IS SUBJECT TO
CHANGE!!**

BULLDOG HAPPENINGS:
1ST PEP RALLY & DEVIL-DOG GAME
11TH VETERAN'S DAY BREAKFAST
14TH JR HIGH SPELLING BEE
22ND-24TH FALL PLAY

THIS INSTITUTION IS AN
EQUAL OPPURTUNITY
PROVIDER

