



OCTOBER | 2018

EAST KNOX ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot dog/ bun Baked beans Veggie bar Applesauce Milk	2 Chicken strips Ranch potato Veggie bar Fruit cocktail Milk	3 Chili nachos/cheese Corn Veggie bar Peaches Milk	4 Bbq pork on bun Green beans Veggie bar Pineapple Milk	5 French bread Fresh veggies Fresh fruit Veggie bar Milk
8 Chicken pot pie Veggie bar Mandarin oranges Milk	9 Ravioli Salad Garlic bread Veggie bar Milk	10 Hamburger on bun Sweet potato fries Veggie bar Pears Milk	11 	12 Pizza hot pocket Fresh fruit Fresh veggie Veggie bar Milk
15 Frito pie Corn Veggie bar Peaches Milk	16 Pancakes Sausage Hash browns Mandarin oranges Milk	17 Salisbury steak Mashed potato Gravy/ dinner roll Fruit cocktail Milk	18 Pizza Fresh fruit Fresh veggies Veggie bar Milk	19 
22 Chicken strips Scalloped potatoes Veggie bar Pineapple Milk	23 Meatball sub Animal crackers Veggie bar Pears Milk	24 Quesadilla Green beans Applesauce Milk	25 Grilled cheese Tomato soup Veggie bar Peaches Milk	26 
29 Popcorn chicken Mashed potato/gravy Veggie bar Tropical fruit Milk	30 Soft taco Corn Veggie bar Fruit cocktail Milk	31 Mini toes Fried fingers and slime Apples M:11		



OFFERED DAILY:

- FRESH VEGGIES
- BULLDOG LUNCHABLE
- CHEF SALD / CROUTONS
- PB & J WITH CHEESE
- BREAKFAST IS FREE TO ALL STUDENTS!

JOIN US
 OCTOBER 29-NOVEMBER 2
 FOR



BOOK FAIR