


# SEPTEMBER | 2017

## EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHEESEBURGERS/BUN OR STUFFED CRUST PIZZA W/MARINARA SAUCE FRENCH FRIES STRAWBERRY CUPS MILK
	5 CHICKEN QUESADILLA SALSA & SOUR CREAM OR DELI SUB GLAZED CARROTS APPLESAUCE MILK	6 SPAGHETTI W/MEATBALLS & BREAD STICK OR ASST. CHICKEN WRAPS VENITIAN VEGGIE BLEND PEACHES MILK	7 BURRITO BAR OR DELI SUB REFRIED OR BLACK BEANS MANDARIN ORANGES MILK	8 MEATLOAF/ROLL OR PEPPERONI PIZZA AUGRATIN POTATOES PINEAPPLE MILK
11 CALZONE OR CHICKEN PATTY/BUN NORMANDY BLEND MIX TROPICAL FRUIT MILK	12 TACO IN A BAG OR DELI SUB REFRIED BEANS PEARS MILK	13 FISH SAND OR ASST. CHICKEN WRAPS COZUMEL VEGGIE BLEND APPLESAUCE MILK	14 RAVIOLI/BREADSTICK OR DELI SUB MALIBU VEGGIES MANDARIN ORANGES MILK	15 POPCORN CHICKEN/ROLL OR CHEESE PIZZA MASH POTATO/GRAVY PEACHES MILK
18 MINI CORN DOGS OR CHICKEN PATTY SOUTHERN WHITE BEANS APPLESAUCE MILK	19 FRENCH BREAD PIZZA OR DELI SUB GREEN BEANS PINEAPPLE MILK	20 MINI BURGERS/BUN OR ASST. CHICKEN WRAP HASH BROWNS MANDARIN ORANGES MILK	21 MARZETTI/ BREADSTICK OR DELI SUB MIXED VEGGIE BLEND PEACHES MILK	22 SALISBURY STEAK/ROLL OR STUFFED CRUST PIZZA W/MARINARA SAUCE MASH POTATO/GRAVY PEARS MILK
25 PIZZA SUBS OR CHICKEN PATTY/BUN PEAS & CARROTS PINEAPPLE MILK	26 SOFT TACOS OR DELI SUB REFRIED BEANS APPLESAUCE MILK	27 MAC & CHEESE/ROLL OR ASST. CHICKEN WRAPS MAUI VEGGIE BLEND PEARS MILK	28 GENERAL TSO CHICKEN W/RICE & EGG ROLL OR DELI SUB ASIAN VEGGIE BLEND MANDARIN ORANGES MILK	29 DOMINOS PIZZA GREEN BEANS STRAWBERRY CUPS MILK

**News**  
OFFERED DAILY:  
FRESH VEGGIE BAR  
FRESH SEASONAL FRUIT  
CHEF SALAD

BREAKFAST IS FREE  
DAILY TO ALL  
STUDENTS!!!!

**MENU IS SUBJECT  
TO CHANGE**

EK 5K 9/4/17

