

# SEPTEMBER | 2019



## EAST KNOX JR/SR HIGH LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**3** BEEF ENCHILADAS  
BUFFALO CALZONE  
DELI SUB  
NORMANDY BLEND  
MIX TROPICAL FRUIT  
MILK

**4** CHICKEN POT PIE  
CHEESE PIZZA  
ASST CHICKEN WRAP  
CORN  
PINEAPPLE  
MILK

**5** CHICKEN PARM/GARLIC  
BREAD  
FRENCH BREAD PIZZA  
CALIFORNIA BLEND  
MANDARIN ORANGES  
MILK

**6** POPCORN CHICKEN/ROLL  
PEPPERONI PIZZA  
TURKEY BURGER/BUN  
SCALLOP POTATOES  
MIXED BERRY CUPS  
MILK

**9** TACO IN A BAG  
PIZZA SUB  
ASST CHICKEN PATTY/BUN  
REFRIED BEANS  
PEARS  
MILK

**10** SALISBURY STEAK/ROLL  
CALZONE  
DELI SUB  
MASH POTATOES  
APPLESAUCE  
MILK

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

**12** CHICKEN ALFREDO/BREAD  
STICK  
MEXICAN PIZZA  
DELI SUB  
SUCCATASH  
MANDARIN ORANGES  
MILK

**13** DOMINO'S PIZZA  
MINI BURGERS/BUN  
GREEN BEANS  
STRAWBERRY CUPS  
MILK

**16** SLOPPY JOE'S/BUN  
QUESADILLA  
ASST CHICKEN PATTY/BUN  
HASH BROWN STACKER  
PEACHES  
MILK

**17** MASH POTATO BOWL/ROLL  
BUFFALO CALZONE  
DELI SUB  
CORN  
MIX TROPICAL FRUIT  
MILK

**18** CHICKEN & NOODLES/ROLL  
CHEESE PIZZA  
ASST CHICKEN WRAP  
PEAS & CARROTS  
PINEAPPLE  
MILK

**19** PASTA w/ MEAT SAUCE/  
BREAD STICK  
FRENCH BREAD PIZZA  
HARVEST BAKE  
MANDARIN ORANGES  
MILK

**20** DRUMSTICK/BISCUIT  
PEPPERONI PIZZA  
CHEESEBURGER/BUN  
AU GRATIN POTATO  
MIXED BERRY CUPS  
MILK

**23** BBQ PORK/BUN  
PIZZA SUB  
ASST CHICKEN PATTY/BUN  
BAKED BEANS  
PEARS  
MILK

**24** BURRITO BAR  
CALZONE  
DELI SUB  
BLACK OR REFRIED BEANS  
APPLESAUCE  
MILK

**25** MAC & CHEESE/ROLL  
BUFFALO CHICKEN PIZZA  
ASST CHICKEN WRAP  
ZUCCHINI STICKS  
PINEAPPLE  
MILK

**26** MARZETTI/GARLIC BREAD  
MEXICAN PIZZA  
DELI SUB  
MIXED VEGGIES  
MANDARIN ORANGES  
MILK

**27** DOMINO'S PIZZA  
CHICKEN SLIDERS/BUN  
GREEN BEANS  
STRAWBERRY CUPS  
MILK

**30** SOFT TACO  
QUESADILLA  
ASST CHICKEN PATTY/BUN  
CORN  
PEACHES  
MILK



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



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

### 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:**

**SEPT 2<sup>ND</sup> EK 5K**  
**SEPT 18<sup>TH</sup> BLOOD DRIVE**  
**JUSTEN DATES:**  
**SEPT 20<sup>TH</sup> MEETINGS**  
**SOPHOMORES CLASS RINGS**  
**SENIORS GRADUATION INFO**  
**SEPT 26<sup>TH</sup> ORDERS DUE**  
**HOMECOMING WEEKEND:**  
**SEPT 27<sup>TH</sup> GAME**  
**SEPT 26<sup>TH</sup> DANCE**