

SEPTEMBER | 2019



EAST KNOX ELEMENTARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2



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3

Chicken strips
Scalloped potatoes
Mandarin oranges
Milk

4

Frito pie
Sour cream/ salsa
Corn
Pineapple
Milk

5

Cheeseburger/ bun
Pickles
Sweet potato fries
Mixed fruit
Milk

6

Pizza
Fresh fruit
Fresh veggies
Milk

9

Chili cheese nachos
Steamed broccoli
Fruit cocktail
Milk

10

Hot dogs/ bun
Baked beans
Peaches
Milk

11

Spaghetti/Meatballs
Garlic bread
Salad
Pears
Milk

12

Chicken nuggets
Corn
Mixed fruit
Milk

13

Hot pocket pizza
Fresh veggies
Fresh fruit
Milk

16

Pancakes
Sausage links
Hash browns
Mandarin oranges
Milk

17

Popcorn chicken
Mashed potatoes
Gravy
Tropical fruit
Milk

18

Mini corn dogs
Mixed veggies
Peaches
Milk

19

Ravioli
Garlic bread
Salad
Mixed fruit
Milk

20

French bread pizza
Fresh veggies
Fresh fruit
Milk

23

Chicken patty/ bun
Green beans
Applesauce
Milk

24

Salisbury steak
Mashed potatoes
Dinner roll
Peaches
Milk

25

Sausage sliders
Steamed broccoli
Pears
Milk

26

Grilled cheese
Tomato soup
Crackers
Mixed fruit
Milk

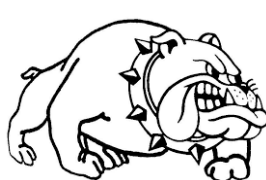
27



30

Chili cheese wrap
Corn
Tropical fruit
Milk

1



3

4

News

OFFERED DAILY:

Pb & j sandwich with
cheese

Bulldog lunchable

Chef salad with croutons

Fresh veggie bar

BREAKFAST IS FREE
TO ALL STUDENTS!

Menu is subject to
change