


# SEPTEMBER | 2020



## EAST KNOX ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Chili cheese nachos Broccoli Applesauce Milk	2 Hot dog/bun Baked beans Fruit cocktail Milk	3 Rotini/meat sauce Garlic toast Salad Pineapple Milk	4 Pizza Fresh fruit Fresh veggies Milk
7 	8 Soft tacos Corn Fruit cup Milk	9 Salisbury steak/roll Mashed potatoes/gravy Tropical fruit Milk	10 Spaghetti/meatballs Breadstick Salad Mandarin oranges Milk	11 Cheese Pizza Fresh fruit Fresh veggies Milk
14 Popcorn chicken Mashed potatoes/gravy Corn Pears Milk	15 Frito Pie Refried beans Applesauce Milk	16 Macaroni & cheese Broccoli Fruit cocktail Milk	17 Ravioli Green beans Breadstick Pineapple Milk	18 French bread pizza Fresh fruit Fresh veggies Milk
21 Chicken rings Ranch potatoes Peaches Milk	22 Pretzel/cheese Yogurt Carrots Fruit cup Milk	23 Mini corn dogs Green beans Tropical fruit Milk	24 Chicken drumstick Mashed potatoes/gravy Mandarin oranges Milk	25 
28 Chicken nuggets Green beans Pears Milk	29 Deli subs Chips Carrots Fruit cup Milk	30 Cheeseburger/bun French fries Fruit cocktail Milk	1	2

### News

Offered daily:

- Fresh fruit
- Veggie bar
- Chef salad w/croutons
- Bulldog lunchable
- PB&J

BREAKFAST IS FREE TO ALL STUDENTS!

**MENU IS SUBJECT TO CHANGE!!!**

MySchoolBucks.com  
Is a free resource to make contactless payments on lunch accounts.