

SEPTEMBER | 2020



EAST KNOX JR/SR HIGH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1 BEEF ENCHILADAS
DELI SUB
REFRIED BEANS
MIX FRUIT
MILK

2 CHICKEN POT PIE
CHICKEN WRAP
CORN
PINEAPPLE
MILK

3 CHICKEN PARMASEAN
SAND
DELI SUB
CALIFORNIA BLEND
MANDARIN ORANGES
MILK

4 DOMINO'S PIZZA
GREEN BEANS
STRAWBERRY CUPS
MILK

7 
NO SCHOOL!!

8 SALISBURY STEAK/ROLL
DELI SUB
WASH POTATOES/GRAVY
APPLESAUCE
MILK

9 JALAPENO BURGERS
CHICKEN WRAP
CARROTS
PINEAPPLE
MILK

10 CHICKEN ALFREDO
GARLIC BREAD
DELI SUB
GARLIC SWEET POTATO
MANDARIN ORANGES
MILK

11 POPCORN CHICKEN/ROLL
PEPPERONI PIZZA
SCALOP POTATOES
MIX BERRY CUPS
MILK

14 TURKEY BURGERS/BUN
CHICKEN PATTY/BUN
HASH BROWNS
PEACHES
MILK

15 BURRITO BAR/RICE
DELI SUB
BLACK OR REFRIED BEANS
MIXED FRUIT
MILK

16 CHICKEN & NOODLES/ROLL
CHICKEN WRAP
PEAS & CARROTS
PINEAPPLE
MILK

17 SPAGHETTI & MEAT SAUCE
GARLIC BREAD
DELI SUB
SUCCATASH
MANDARIN ORANGES
MILK

18 DOMINO'S PIZZA
GREEN BEANS
STRAWBERRY CUPS
MILK

21 BBQ PORK SAND/BUN
CHICKEN PATTY/BUN
SOUTHERN WHITE BEANS
PEARS
MILK

22 WASH POTATO BOWLS
DELI SUB
CORN
APPLESAUCE
MILK

23 MAC & CHEESE/ROLL
CHICKEN WRAP
BROCCOLI
PINEAPPLE
MILK

24 TINI/MEAT SAUCE
GARLIC BREAD
DELI SUB
MIX VEGGIES
MANDARIN ORANGES
MILK

25 STAMSTICKS/BISCUIT
MEXICAN PIZZA
AU GRATIN POTATOES
MIX BERRY CUPS
MILK

28 TACO IN A BAG
CHICKEN PATTY/BUN
CORN
PEACHES
MILK

29 GENERAL TSO EGG ROLL
DELI SUB
ASIAN VEGGIES
MIX FRUIT
MILK

30 CHEESEBURGER/BUN
CHICKEN WRAP
TATER TOTS
PINEAPPLE
MILK

1 Jr/Sr High Lunch
Prices Students
\$2.50 Reduced \$.40
Milk \$.50 Adults
\$3.50

News

CHEF SALAD
FRESH SEASONAL
FRUIT
FRESH VEGGIE BAR

BREAKFAST IS FREE
TO ALL STUDENTS!!

MENU IS SUBJECT TO
CHANGE!!

BULLDOG HAPPENINGS:
15TH PICTURE DAY

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER