

SEPTEMBER | 2023

EAST KNOX JR/SR HIGH LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

JR/SR HIGH PRICES
STUDENTS \$2.50
REDUCED \$.00
MILK \$.50
ADULT \$3.25

29

APPLICATIONS ARE
AVAILABLE IN ALL BUILDING
OFFICES.
DOWNLOAD AT
ekschools.org
and
final forms

30



1

POPCORN CHICKEN/ROLL
PEPPERONI PIZZA
SCALLOP POTATO
MIXED BERRIES
MILK



5

SALISBURY STEAK/ROLL
DELI SUB
WASH POTATO/GRavy
APPLE SAUCE
MILK

6

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

7

SPAGHETTI & MEATBALLS
CALZONE
MIX VEGGIES
MANDARIN ORANGES
MILK

8

DRUMSTICKS/BISCUIT
CHEESE PIZZA
ROASTED POTATOES
FRESH FRUIT
MILK

11

TACO IN A BAG
CHICKEN PATTY/BUN
BLACK/REFIED BEANS
DICED PEACHES
MILK

12

WASH POTATO BOWL/ROLL
DELI SUB
CORN
FRUIT COCKTAIL
MILK

13

BRUNCH FOR LUNCH
ASST CHICKEN WRAP
HASH BROWN
PINEAPPLE
MILK

14

CHICKEN PARM SAND/BUN
QUESADILLA
CALIFORNIA BLEND
MANDARIN ORANGES
MILK

15

CHICKEN STICKS/ROLL
MEXICAN PIZZA
CAULIFLOWER
STRAWBERRY CUPS
MILK

18

MEATBALL SUB/BUN
CHICKEN PATTY/BUN
CORN
DICED PEARS
MILK

19

PULLAPART PIZZA STICKS
DELI SUBS
CARROTS
APPLESAUCE
MILK

20

BAKED POTATO BAR/ROLL
ASST CHICKEN WRAP
BROCCOLI
PINEAPPLE
MILK

21

RAVIOLI/GARLIC BREAD
CALZONE
PRINCE CHARLES VEGGIE
MANDARIN ORANGES
MILK

22

FALL COOKOUT
HAMBURGER/BUN
HOT DOG/BUN
BAKED BEANS
FRESH FRUIT
MILK

25

PIZZA SUB/BUN
CHICKEN PATTY/BUN
TATER TOTS
DICED PEACHES
MILK

26

BEEF ENCHILADAS
DELI SUB
FIRE ROASTED CORN
MIX TROPICAL FRUIT
MILK

27

MAC & CHEESE/SLOPPY JOE
ASST CHICKEN WRAP
NORMANDY BLEND
PINEAPPLE
MILK

28

ROTINI/BREADSTICK
QUESADILLA
ZUCCHINI STICKS
MANDARIN ORANGES
MILK

29

DOMINIO'S
GREEN BEANS
STRAWBERRY CUPS
MILK

News

CHEF SALAD/CROUTONS
FRESH SEASONAL FRUIT
FRESH VEGGIE BAR

MENU IS SUBJECT TO
CHANGES

BREAKFAST IS FREE FOR
ALL STUDENTS

BULLDOG HAPPENINGS:
4TH NO SCHOOL
15TH BLOOD DRIVE
16TH HOMECOMING
DANCE

PLEASE FILL OUT A
FREE/REDUCED LUNCH
APPLICATION

THIS INSTITUTION IS
AN EQUAL OPPORTUNITY
PROVIDER

