




# NOVEMBER | 2022



## East Knox Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Grilled Cheese Tomato Soup Applesauce Milk	2 Cheeseburger/bun French Fries Tropical Fruit Milk	3 Pancakes Hash browns Sausage Pineapple Milk	4 French bread pizza Fresh fruit and veggies Milk
7 Chicken Patty Green Beans Pears Milk	8 Soft taco Refried Beans Fruit cup Milk	9 Salisbury steak/roll Mashed Potatoes/gravy Fruit cocktail Milk	10 Boneless chicken wings Potato Wedges Mandarin Oranges Milk	11 Pizza Quesadilla Fresh fruit and veggies Milk
14 Chicken Strips Ranch Potatoes Peaches Milk	15 Chili cheese nachos Broccoli Applesauce Milk	16 Hot dogs Baked beans Tropical fruit Milk	17 Turkey/Dressing Mashed Potatoes/Gravy Green Beans Roll Milk	18 Dominos Fresh fruit and veggies Milk
21 Popcorn chicken Mashed Potatoes/gravy Pears Milk	22 Quesadilla Carrots Fruit cup Milk	2 	24 	
28 Chicken sticks French Fries Peaches Milk	29 Walking Taco Black beans Applesauce Milk	30 Mini corn dogs Green beans Tropical fruit Milk	1 Spelling Bee November 3 5 <sup>th</sup> /6 <sup>th</sup> grade	2 Picture Retakes November 4 <sup>th</sup>

### News

#### Offered Daily:

Chef salad with croutons

PB&J with a cheesestick

Prices:  
Lunch \$2.25  
Milk: .50  
Adult: \$3.25  
Reduced: .40

Menu is subject to change

Myschoolbucks.com is a great resource to make contactless payments on lunch accounts