

# OCTOBER | 2019

## EAST KNOX ELEMENTARY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Chicken strips Green beans Peaches Milk	2 Cheeseburger/ bun Sweet potato fries Fruit cocktail Milk	3 Meatball sub Steamed broccoli Mixed fruit Milk	4 Pizza Fresh fruit Fresh veggies Milk
7 	8 Chili cheese nachos Steamed broccoli Pineapple Milk	9 Chicken nuggets Corn Peaches Milk	10 Salisbury steak Mashed potatoes / gravy Roll Mixed fruit Milk	11 Pizza Fresh fruit Fresh veggies Milk
14 Chicken sandwich Green beans Applesauce Milk	15 Deli sub Fritos Pears Milk	16 Bbq chicken quesadilla Steamed broccoli Peaches Milk	17 Walking taco Corn Mixed fruit Milk	18 
21 Pancakes Sausage Hashbrowns Mandarin oranges Milk	22 Chicken strip Ranch potatoes Pineapple Milk	23 Hot dogs/ bun Baked beans Tropical fruit Milk	24 Tomato soup Grilled cheese Mixed fruit Milk	25 
28 Hamburger/ bun Pickles Sweet potato fries Peaches Milk	29 Frito pie Corn Applesauce Milk	30 Popcorn chicken Mashed potatoes/gravy Roll Pears Milk	31 Spaghetti & Meatballs Garlic bread Green beans Mixed fruit Milk	1



OFFERED DAILY:

- PE & J WITH CHEESE
- CHEF SALAD AND CROUTONS
- BULLDOG LUNCHABLE
- FRESH VEGGIE BAR

BREAKFAST IS FREE TO ALL STUDENTS!!!

GRANDPARENTS WEEK  
AND

**BOOK FAIR**

OCTOBER 28<sup>TH</sup> - NOVEMBER 1

Menu is subject to change!