



# SEPTEMBER | 2017

## EAST KNOX ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pizza Fresh broccoli/ cauliflower Veggie bar Diced pears Milk
4 	5 Mini pancakes Sausage links Hash browns Veggie bar Mandarin oranges Milk	6 Chicken strips/ roll Mashed potatoes Gravy Veggie bar Diced peaches Milk	7 Soft taco / salsa Refried beans Veggie bar Pineapple chunks Milk	8 French bread pizza Fresh veggies Veggie bar Applesauce Milk
11 Hot dog / bun Baked beans Veggie bar Apples Milk	12 Quesadilla Salsa Carrots / ranch Veggie bar Peaches Milk	13 Shredded chicken / bun Corn Veggie bar Mandarin oranges Milk	14 Cheeseburger Sweet potato fries Veggie bar Grapes Milk	15 Cheese pizza Celery / pb cups Veggie bar Applesauce Milk
18 Mini corn dogs Scalloped potatoes Veggie bar Mandarin oranges Milk	19 Deli sub Corn Veggie bar Hot cinnamon apples Milk	20 Spaghetti & meatballs Garlic bread Green beans Veggie bar Diced peaches Milk	21 Chicken patty/ bun Sweet potato fries Veggie bar Fruit cocktail Milk	22 Pizza Carrots/ ranch Apples / oranges Veggie bar Milk
25 Chicken strips Corn Veggie bar Applesauce Milk	26 Mac & Cheese Steamed broccoli Veggie bar Tropical fruit Milk	27 Salisbury steak Dinner roll Mashed potatoes Gravy Veggie bar Pineapple Milk	28 Bbq pork Green beans Veggie bar Mixed fruit Milk	29 

### School Lunch



Offered daily as options:

Pb & j sandwich w/  
cheesestick

Chef salad with croutons

Bulldog lunchable

**BREAKFAST IS FREE TO  
ALL STUDENTS!**

Lunch is \$2.25

If you would like a free/  
reduced application please  
call 740-599-7000 ext  
3013

Menu is subject to change