

Ethel's Educational Express
Child Development



217 Hilda Street
Jacksonville, AR
(501)747-8713/(501)457-7161

Breakfast Menu

January 4-8

Grain/ Bread Fruit/Veggie Milk	Life Cereal Pineapples Milk	French Toast Bananas Milk	Ch. Wheat Toast Fruit Cocktail Milk	Scrambled Eggs Peaches Milk	Puffed rice cereal Assorted berries Milk
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January 11-15

Grain/Bread Fruit/Veggie Milk	Cornflakes Peaches Milk	Waffles Pears Milk	Life Cereal Bananas Milk	W. Wheat Toast Pears Milk	English muffins Applesauce Milk
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January 18-22

Grain/ Bread Fruit/Veggie Milk	English Muffins Peaches Milk	Cheerios Bananas Milk	Bagels Pears Milk	Waffles Bananas Milk	Rice Krispies Grape slices Milk
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January 25-29

Grain/ Bread Fruit/Veggie Milk	Waffles Pears Milk	Oatmeal Applesauce Milk	English Muffins Bananas Milk	Cheerios Pears Milk	Wheat Toast Peaches Milk
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February 1-5

Grain/ Bread Fruit/Veggie Milk	Cheese Toast Fruit Cocktail Milk	Cheerios Bananas Milk	Bagels Fruit Cocktail Milk	Toast Applesauce Milk	Biscuits Pineapple Milk
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February 8-12

Grain/ Bread	Life Cereal	French Toast	Ch. Wheat Toast	Scrambled Eggs	Puffed rice cereal
Fruit/Veggie	Pineapples	Bananas	Fruit Cocktail	Peaches	Assorted berries
Milk	Milk	Milk	Milk	Milk	Milk

February 15-19

Grain/Bread	Cornflakes	Waffles	Life Cereal	W. Wheat Toast	English muffins
Fruit/Veggie	Peaches	Pears	Bananas	Pears	Applesauce
Milk	Milk	Milk	Milk	Milk	Milk

February 22-26

Grain/ Bread	Cheerios	Waffles	French Toast	W. Wheat Toast	Waffles
Fruit/Veggie	Grape Juice	Apple Juice	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

February 29-March 4

Grain/ Bread	English Muffins	Cheerios	Bagels	Waffles	Rice Krispies
Fruit/Veggie	Peaches	Bananas	Pears	Bananas	Grape slices
Milk	Milk	Milk	Milk	Milk	Milk

March 7-11

Grain/ Bread	Waffles	Oatmeal	English Muffins	Cheerios	Wheat Toast
Fruit/Veggie	Pears	Applesauce	Bananas	Pears	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

March 14-18

Grain/ Bread	Cheese Toast	Cheerios	Bagels	Toast	Biscuits
Fruit/Veggie	Fruit Cocktail	Bananas	Fruit Cocktail	Applesauce	Pineapple
Milk	Milk	Milk	Milk	Milk	Milk

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March 21-25

Grain/ Bread	Life Cereal	French Toast	Ch. Wheat Toast	Scrambled Eggs	Puffed rice cereal
Fruit/Veggie	Pineapples	Bananas	Fruit Cocktail	Peaches	Assorted berries
Milk	Milk	Milk	Milk	Milk	Milk

March 28-April 1

Grain/Bread	Cornflakes	Waffles	Life Cereal	W. Wheat Toast	English muffins
Fruit/Veggie	Peaches	Pears	Bananas	Pears	Applesauce
Milk	Milk	Milk	Milk	Milk	Milk

April 4-8

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

April 11-15

Grain/ Bread	English Muffins	Cheerios	Bagels	Waffles	Rice Krispies
Fruit/Veggie	Peaches	Bananas	Pears	Bananas	Grape slices
Milk	Milk	Milk	Milk	Milk	Milk

April 18-22

Grain/ Bread	Waffles	Oatmeal	Cinnamon Roll	Cheerios	Wheat Toast
Fruit/Veggie	Pears	Applesauce	Bananas	Pears	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

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April 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Fruit/Veggie Milk	French Toast Banana Milk	Wheat Toast Orange Juice Milk	Cinnamon Roll Apple Sauce Milk	W. Wheat Toast Fruit Cocktail Milk	Waffles Peaches Milk
Grain/ Bread Fruit/Veggie Milk	French Toast Apple Sauce Milk	Waffles Pears Milk	May 2-6 W. Wheat Toast Apple Sauce Milk	French Toast Pineapples Milk	Waffles Peaches Milk
Grain/ Bread Fruit/Veggie Milk	English Muffins Peaches Milk	May 9-13 Cheerios Bananas Milk	Bagels Pears Milk	Waffles Bananas Milk	Rice Krispies Grape slices Milk
Grain/ Bread Fruit/Veggie Milk	Waffles Pears Milk	May 16-20 Oatmeal Applesauce Milk	English Muffins Bananas Milk	Cheerios Pears Milk	Wheat Toast Peaches Milk

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May 23-27

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

May 30-June 3

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

June 6-10

Grain/ Bread	Cheerios	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Banana	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

June 13-17

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

June 20-24

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

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June 27-July 1

Grain/ Bread
Fruit/Veggie
Milk

Cheese Toast
Fruit Cocktail
Milk

Cheerios
Bananas
Milk

Bagels
Fruit Cocktail
Milk

Toast
Applesauce
Milk

Biscuits
Pineapple
Milk

July 4-8

Grain/ Bread
Fruit/Veggie
Milk

Life Cereal
Pineapples
Milk

French Toast
Bananas
Milk

Ch. Wheat Toast
Fruit Cocktail
Milk

Scrambled Eggs
Peaches
Milk

Puffed rice cereal
Assorted berries
Milk

July 11-July 15

Grain/Bread
Fruit/Veggie
Milk

Cornflakes
Peaches
Milk

Waffles
Pears
Milk

Life Cereal
Bananas
Milk

W. Wheat Toast
Pears
Milk

English muffins
Applesauce
Milk

July 18-22

Grain/ Bread
Fruit/Veggie
Milk

English Muffins
Peaches
Milk

Cheerios
Bananas
Milk

Bagels
Pears
Milk

Waffles
Bananas
Milk

Rice Krispies
Grape slices
Milk

July 25-29

Grain/ Bread
Fruit/Veggie
Milk

Waffles
Pears
Milk

Oatmeal
Applesauce
Milk

English Muffins
Bananas
Milk

Cheerios
Pears
Milk

Wheat Toast
Peaches
Milk

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August 1-5

Grain/ Bread	Cheese Toast	Cheerios	Bagels	Toast	Biscuits
Fruit/Veggie	Fruit Cocktail	Bananas	Fruit Cocktail	Applesauce	Pineapple
Milk	Milk	Milk	Milk	Milk	Milk

August 8-12

Grain/ Bread	Life Cereal	French Toast	Ch. Wheat Toast	Scrambled Eggs	Puffed rice cereal
Fruit/Veggie	Pineapples	Bananas	Fruit Cocktail	Peaches	Assorted berries
Milk	Milk	Milk	Milk	Milk	Milk

August 15-19

Grain/Bread	Cornflakes	Waffles	Life Cereal	W. Wheat Toast	English muffins
Fruit/Veggie	Peaches	Pears	Bananas	Pears	Applesauce
Milk	Milk	Milk	Milk	Milk	Milk

August 22-26

Grain/ Bread	Cheerios	Waffles	French Toast	W. Wheat Toast	Waffles
Fruit/Veggie	Grape Juice	Apple Juice	Apple Sauce	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

August 29- September 2

Grain/ Bread	English Muffins	Cheerios	Bagels	Waffles	Rice Krispies
Fruit/Veggie	Peaches	Bananas	Pears	Bananas	Grape slices
Milk	Milk	Milk	Milk	Milk	Milk

September 5-9

Grain/ Bread	Waffles	Oatmeal	English Muffins	Cheerios	Wheat Toast
Fruit/Veggie	Pears	Applesauce	Bananas	Pears	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

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September 12-16

Grain/ Bread
Fruit/Veggie
Milk

Cheese Toast
Fruit Cocktail
Milk

Cheerios
Bananas
Milk

Bagels
Fruit Cocktail
Milk

Toast
Applesauce
Milk

Biscuits
Pineapple
Milk

September 19-23

Grain/ Bread
Fruit/Veggie
Milk

Life Cereal
Pineapples
Milk

French Toast
Bananas
Milk

Ch. Wheat Toast
Fruit Cocktail
Milk

Scrambled Eggs
Peaches
Milk

Puffed rice cereal
Assorted berries
Milk

September 26-30

Grain/Bread
Fruit/Veggie
Milk

Cornflakes
Peaches
Milk

Waffles
Pears
Milk

Life Cereal
Bananas
Milk

W. Wheat Toast
Pears
Milk

English muffins
Applesauce
Milk

October 3-7

Grain/ Bread
Fruit/Veggie
Milk

French Toast
Apple Sauce
Milk

Waffles
Pears
Milk

W. Wheat Toast
Apple Sauce
Milk

French Toast
Pineapples
Milk

Waffles
Peaches
Milk

October 10-14

Grain/ Bread
Fruit/Veggie
Milk

English Muffins
Peaches
Milk

Cheerios
Bananas
Milk

Bagels
Pears
Milk

Waffles
Bananas
Milk

Rice Krispies
Grape slices
Milk

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October 17-21

Grain/ Bread	Waffles	Oatmeal	English Muffins	Cheerios	Wheat Toast
Fruit/Veggie Milk	Pears Milk	Applesauce Milk	Bananas Milk	Pears Milk	Peaches Milk

October 24-28

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie Milk	Apple Sauce Milk	Pears Milk	Apple Sauce Milk	Pineapples Milk	Peaches Milk

October 31-November 4

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie Milk	Apple Sauce Milk	Pears Milk	Apple Sauce Milk	Pineapples Milk	Peaches Milk

November 7-11

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie Milk	Apple Sauce Milk	Pears Milk	Apple Sauce Milk	Pineapples Milk	Peaches Milk

November 14-18

Grain/ Bread	French Toast	Waffles	W. Wheat Toast	French Toast	Waffles
Fruit/Veggie Milk	Apple Sauce Milk	Pears Milk	Apple Sauce Milk	Pineapples Milk	Peaches Milk

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November 21-25 (CLOSED Thanksgiving Holiday November 24-27)

Grain/ Bread	French Toast	Waffles	W. Wheat Toast
Fruit/Veggie	Apple Sauce	Pears	Apple Sauce
Milk	Milk	Milk	Milk

November 28-December 2

Grain/ Bread	Bagels	Toast	Biscuits	French Toast	Waffles
Fruit/Veggie	Fruit Cocktail	Applesauce	Pineapple	Pineapples	Peaches
Milk	Milk	Milk	Milk	Milk	Milk

December 5-December 9

Grain/ Bread	Bagels	Toast	Biscuits	Cheerios	Wheat Toast
Fruit/Veggie	Fruit Cocktail	Applesauce	Pineapple	Bananas	Pears
Milk	Milk	Milk	Milk	Milk	Milk

December 12-16

Grain/ Bread	Cheerios	Wheat Toast	Scrambled Eggs	Puffed rice cereal	Life Cereal	French Toast
Fruit/Veggie	Bananas	Fruit Cocktail	Peaches	Assorted berries	Pineapples	
Milk	Milk	Milk	Milk	Milk	Milk	Milk

December 19-23

Grain/ Bread	Bagel	Oatmeal	English muffins	Life Cereal	Toast
Fruit/Veggie	Fruit Cocktail	Applesauce	Applesauce	Bananas	Fruits Cocktail
Milk	Milk	Milk	Milk	Milk	Milk

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December 26-30 (CLOSED Christmas Holiday December 22-25)

Grain/ Bread	English Muffins	Cheerios	Wheat Toast
Fruit/Veggie	Bananas	Pears	Peaches
Milk	Milk	Milk	Milk

January 2-6, 2017 (Closed Monday for New Year's Day)

Grain/ Bread	Life Cereal	French Toast	Ch. Wheat Toast	Scrambled Eggs
Fruit/Veggie	Pineapples	Bananas	Fruit Cocktail	Peaches
Milk	Milk	Milk	Milk	Milk

Water is offered with all meals. All juices served are 100% fruit juice. Fruit Cocktail consists of cherries, pears, peaches and grapes. HM stands for Home Made. This business is an equal opportunity provider and employer.