

Ethel's Educational Express
Child Development



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

Lunch Menu 2015

Healthy
Meals for
Kids



Bottled Water is offered with all meals. All juices are 100% fruit juice. Mixed Veggies are peas, corn, carrots, green beans & lima beans. Fruit Cocktail consists of cherries, pears, peaches and grapes. Stir-Fry consists of corn, broccoli, green beans, water chestnuts, carrots, bell pepper & mushrooms. HM-Home Made. All meats are Tyson Brand. All breads are Wonder Bread, Cobblestone, and Nature's Own Products.

January 4-8	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread	Crackers	Wheat Bread	Wheat Bread	English Muffins	Saltines
Meat/ Meat Alt.	Beef	Turkey	Bologna/Cheese	Cheese	Hot Dogs/Beans
Fruit/Veggie #1	Tomato sauce/peas	Potatoes	Green Beans	Carrot Sticks	cucumbers
Fruit/Veggie #2	Peaches	Fruit cocktail	Apple Slices	Fruit Cocktail	Peaches
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
January 11-15	Ham Sandwich	Chicken Noodle Soup	Spaghetti	Cheeseburger Mac	
Grain/ Bread	Whole wheat bread	Egg Noodles	Spaghetti Noodles	Macaroni	Whole Wheat bread
Meat/ Meat Alt.	Ham slices	Chicken	Beef	Beef/Cheese	100 % Fish Sticks
Fruit/Veggie #1	Carrot slices	Celery & Carrots	Green beans	Mixed Veggies	Potatoes
Fruit/Veggie #2	Apple slices	Peaches	Pears	Pineapple	Green Beans
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM

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January 18-22	Enchiladas	Burritos	Turkey Sandwich	Tomato Soup & Grilled Cheese	
Grain/Bread	Tortilla	Tortilla	Wheat Bread	Wheat bread	Wheat bread
Meat/ Meat Alt.	Chicken/Cheese	Re-fried Beans/Cheese	Turkey/Cheese	Cheese	100 % Whole Fish Fillet Sticks
Fruit/Veggie #1	Re-fried Beans/Corn	Mixed Veggies	Corn	Tomato soup	Potatoes
Fruit/Veggie #2	Apple Slices	Peaches	Fruit Cocktail	peaches	Green Beans
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
January 25-29	Turkey, Ham Roll Up	Meat and Gravy	Cheese Crisps	Chicken Stir Fry	Pasta Salad
Grain/ Bread	Tortilla	Mashed Potatoes	Tortilla	Rice	Macaroni
Meat/ Meat Alt.	Turkey/Ham	Beef	Cheese	Chicken	Ham/Cheese
Fruit/Veggie #1	Mixed Veggies	Green Beans	Lettuce/Carrots	Stir Fry vegetables	Peas
Fruit/Veggie #2	Peaches	Oranges	Fruit Cocktail	Bananas	Applesauce
Milk	Milk	Milk HM	Milk HM	Milk HM	Milk HM
February 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	Wheat Bread	Toast	Mac N' Cheese	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread
Meat/ Meat Alt.	Baked Chicken	100 % Fish Sticks	Steak Fingers		Canadian Bacon
Fruit/Veggie #1	Squash	Green Beans	Peas		Peas
Fruit/Veggie #2	Sliced Peaches	Mashed Potatoes	Sliced Peaches		Apple Sauce
Milk	Milk	Milk	Milk		Milk
February 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	Wheat Bread	Toast	Mac N' Cheese	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread
Meat/ Meat Alt.	Baked Chicken	100% Fish Sticks	Chicken Strips		Canadian Bacon
Fruit/Veggie #1	Squash	Green Beans	Corn		Peas
Fruit/Veggie #2	Sliced Peaches	Mashed Potatoes	Sliced Peaches		Apple Sauce
Milk	Milk	Milk	Milk		Milk

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February 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Spaghetti Beef Tomato sauce/peas Sliced Pears Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapple Milk	Wheat Bread Canadian Bacon Peas Sliced Apples Milk
February 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Cornbread Baked Chicken Speckled Butter Beans Apple Pie Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
Feb 29-March 4	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread Meat/ Meat Alt.	Egg Noodles Beef	Wheat Bread Turkey/Cheese	Rice Ham/Cheese	Tortilla Re-fried Beans/Cheese	English Muffins Chicken/Cheese
Fruit/Veggie #1 Fruit/Veggie #2 Milk	Green Beans Peaches Milk HM	Corn Bananas Milk HM	Peas Pineapple Milk HM	Mixed Veggies Applesauce Milk HM	Celery/Carrots Pears Milk HM
March 7-11	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Crackers Beef Tomato sauce/peas Peaches Milk HM	Wheat Bread Turkey Potatoes Fruit cocktail Milk HM	Wheat Bread Bologna/Cheese Green Beans Apple Slices Milk HM	English Muffins Cheese Carrot Sticks Fruit Cocktail Milk HM	Saltines Hot Dogs/Beans cucumbers Peaches Milk HM

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March 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
March 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Spaghetti Beef Tomato sauce/peas Sliced Pears Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapple Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
March 28-April 1	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Cornbread Baked Chicken Speckled Butter Beans Apple Pie Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
April 4-8	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread	Egg Noodles	Wheat Bread	Rice	Tortilla	English Muffins
Meat/ Meat Alt.	Beef	Turkey/Cheese	Ham/Cheese	Re-fried Beans/Cheese	Chicken/Cheese
Fruit/Veggie #1	Green Beans	Corn	Peas	Mixed Veggies	Celery/Carrots
Fruit/Veggie #2	Peaches	Bananas	Pineapple	Applesauce	Pears
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM

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April 11-15	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread	Crackers	Wheat Bread	Wheat Bread	English Muffins	Saltines
Meat/ Meat Alt.	Beef	Turkey	Bologna/Cheese	Cheese	Hot Dogs/Beans
Fruit/Veggie #1	Tomato sauce/peas	Potatoes	Green Beans	Carrot Sticks	cucumbers
Fruit/Veggie #2	Peaches	Fruit cocktail	Apple Slices	Fruit Cocktail	Peaches
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
April 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	Wheat Bread	Toast	Mac N' Cheese	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread
Meat/ Meat Alt.	Baked Chicken	100% Fish Sticks	Chicken Strips		Canadian Bacon
Fruit/Veggie #1	Squash	Green Beans	Corn		Peas
Fruit/Veggie #2	Sliced Peaches	Mashed Potatoes	Sliced Peaches		Apple Sauce
Milk	Milk	Milk	Milk		Milk
April 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	W. Wheat Toast	Toast	Mac N' Cheese	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread
Meat/ Meat Alt.	Baked Chicken	100% Fish Sticks	Chicken Strips		Canadian Bacon
Fruit/Veggie #1	Squash	Peas	Grape Juice		Peas
Fruit/Veggie #2	Sliced Peaches	Mashed Potatoes	Fruit Cocktail		Fruit Cocktail
Milk	Milk	Milk	Milk		Milk
May 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	Wheat Bread	Toast	Mac N' Cheese/Toast	Corn Dog Mashed Potatoes Apple Sauce Milk	Wheat Bread
Meat/ Meat Alt.	Baked Chicken	100% Fish Sticks	Chicken Strips		Canadian Bacon
Fruit/Veggie #1	Carrots	Green Beans	Carrots		Peas
Fruit/Veggie #2	Pears	Fruit Cocktail	Pineapples		Mashed Potatoes
Milk	Milk	Milk	Milk		Milk

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May 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Carrots Pears Milk	Toast 100% Fish Sticks Peas Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Green Beans Carrots Milk	Corn Dog Mashed Potatoes Applesauce Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
May 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Chicken Strips Carrots Pears Milk	Toast 100% Fish Sticks Peas Mashed Potatoes Milk	Mac N' Cheese Baked Chicken Carrots Sliced Grapes Milk	Corn Dog Mashed Potatoes Apple Sauce Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
May 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Peas Carrots Milk	Toast 100% Fish Sticks Peas Mashed Potatoes Milk	Toast Chicken Nuggets Mashed Potatoes Fruit Cocktail Milk	Corn Dog Mashed Potatoes Apple Sauce Milk	Spaghetti Noodles Beef Corn/Prego Peaches Milk
May 30-June 3	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	HOLIDAY Memorial Day	Wheat Roll Baked Chicken Sweet Peas Mashed Potatoes Milk	W. Wheat Bread Roast Beef Spec. Butter Beans Squash Milk	Corn Dog Mashed Potatoes Pineapples Milk	W. Wheat Toast Turkey Green Beans Fruit Cocktail Milk
June 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Mac N' Cheese Baked Chicken Butter Beans Fruit Cocktail Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Turkey Peas Apple Sauce Milk

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June 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
June 15-19 Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Beef Stroganoff Egg Noodles Beef Green Beans Peaches Milk HM	Turkey Sandwich Wheat Bread Turkey/Cheese Corn Bananas Milk HM	Ham & Rice Casserole Rice Ham/Cheese Peas Pineapple Milk HM	Burritos Tortilla Re-fried Beans/Cheese Mixed Veggies Applesauce Milk HM	Chicken Open Face English Muffins Chicken/Cheese Celery/Carrots Pears Milk HM
June 22-26 Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Meatloaf Crackers Beef Tomato sauce/peas Peaches Milk HM	Turkey & Gravy Wheat Bread Turkey Potatoes Fruit cocktail Milk HM	Bologna Sandwich Wheat Bread Bologna/Cheese Green Beans Apple Slices Milk HM	Cheese Melts English Muffins Cheese Carrot Sticks Fruit Cocktail Milk HM	Beanie Weenies Saltines Hot Dogs/Beans cucumbers Peaches Milk HM
June 29-July 3 Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Ham Sandwich Whole wheat bread Ham slices Carrot slices Apple slices Milk HM	Chicken Noodle Soup Wheat Bread 100% Fish Sticks Potatoes Green Beans Milk	Spaghetti Egg Noodles Chicken Celery & Carrots Peaches Milk HM	Spaghetti Spaghetti Noodles Beef Green Beans Pears Milk HM	HOLIDAY Independence Day

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July 6-10

Enchiladas

Grain/Bread Tortilla Wheat Bread
Meat/ Meat Alt. Chicken/Cheese 100% Fish Sticks
Fruit/Veggie #1 Re-fried Beans/Corn Potatoes
Fruit/Veggie #2 Apple Slices Green Beans
Milk Milk HM Milk

Burritos

Tortilla
Re-fried Beans/Cheese
Mixed Veggies
Peaches
Milk HM

Turkey Sandwich

Wheat Bread
Turkey/Cheese
Corn
Fruit Cocktail
Milk HM

Tomato Soup & Grilled Cheese

Wheat bread
Cheese
Tomato soup
peaches
Milk HM

July 13-17

Turkey, Ham Roll Up

Grain/ Bread Tortilla
Meat/ Meat Alt. Turkey/Ham
Fruit/Veggie #1 Mixed Veggies
Fruit/Veggie #2 Peaches
Milk Milk

Meat and Gravy

Mash. Potatoes
Beef
Green Beans
Oranges
Milk HM

Cheese Crisps

Tortilla
Cheese
Lettuce/Carrots
Fruit Cocktail
Milk HM

Chicken Stir Fry

Rice
Chicken
Stir Fry vegetables
Bananas
Milk HM

Pasta Salad

Macaroni
Ham/Cheese
Peas
Applesauce
Milk HM

July 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
July 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk

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August 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
August 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
August 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
August 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Carrots Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
August 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Carrots Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk

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August 31-Sept 4	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
September 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Spaghetti Beef Tomato sauce/peas Sliced Pears Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapple Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
September 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Cornbread Baked Chicken Speckled Butter Beans HM Apple Pie Milk	Toast 100% Fish Sticks HM Peach Pie Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
September 21-25	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread	Egg Noodles	Wheat Bread	Rice	Tortilla	English Muffins
Meat/ Meat Alt.	Beef	Turkey/Cheese	Ham/Cheese	Re-fried Beans/Cheese	Chicken/Cheese
Fruit/Veggie #1	Green Beans	Corn	Peas	Mixed Veggies	Celery/Carrots
Fruit/Veggie #2	Peaches	Bananas	Pineapple	Applesauce	Pears
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
Sept 28-Oct 2	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread	Crackers	Wheat Bread	Wheat Bread	English Muffins	Saltines
Meat/ Meat Alt.	Beef	Turkey	Bologna/Cheese	Cheese	Hot Dogs/Beans
Fruit/Veggie #1	Tomato sauce/peas	Potatoes	Green Beans	Carrot Sticks	cucumbers
Fruit/Veggie #2	Peaches	Fruit cocktail	Apple Slices	Fruit Cocktail	Peaches
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM

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October 5-9	Ham Sandwich	Chicken Noodle Soup	Spaghetti	Cheeseburger Mac	
Grain/ Bread	Whole wheat bread	Egg Noodles	Spaghetti Noodles	Macaroni	Whole Wheat bread
Meat/ Meat Alt.	Ham slices	Chicken	Beef	Beef/Cheese	Fish Sticks
Fruit/Veggie #1	Carrot slices	Celery & Carrots	Green beans	Mixed Veggies	Potatoes
Fruit/Veggie #2	Apple slices	Peaches	Pears	Pineapple	Green Beans
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
October 12-16	Enchiladas	Burritos	Turkey Sandwich	Tomato Soup & Grilled Cheese	
Grain/Bread	Bread	Tortilla	Wheat Bread	Wheat bread	Wheat bread
Meat/ Meat Alt.	Grilled Salmon	Re-fried Beans/Cheese	Turkey/Cheese	Cheese	Fish Sticks
Fruit/Veggie #1	Potatoes	Mixed Veggies	Corn	Tomato soup	Potatoes
Fruit/Veggie #2	Coleslaw	Peaches	Fruit Cocktail	peaches	Green Beans
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
October 19-23	Turkey, Ham Roll Up	Meat and Gravy		Chicken Stir Fry	Pasta Salad
Grain/ Bread	Tortilla	Mashed Potatoes	Corn Dogs	Rice	Macaroni
Meat/ Meat Alt.	Turkey/Ham	Beef		Chicken	Ham/Cheese
Fruit/Veggie #1	Mixed Veggies	Green Beans	Carrots	Stir Fry vegetables	Peas
Fruit/Veggie #2	Peaches	Oranges	Pineapples	Bananas	Applesauce
Milk	Milk	Milk HM	Milk HM	Milk HM	Milk HM
October 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread	Wheat Bread	Toast	Toast		Wheat Bread
Meat/ Meat Alt.	Baked Chicken	Fish Sticks	Chicken Nuggets	Corn Dog	Canadian Bacon
Fruit/Veggie #1	Squash	Green Beans	Mac N' Cheese	Mashed Potatoes	Peas
Fruit/Veggie #2	Sliced Peaches	Mashed Potatoes	Sliced Peaches	Pineapples	Apple Sauce
Milk	Milk	Milk	Milk	Milk	Milk

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November 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
November 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Spaghetti Beef Tomato sauce/peas Sliced Pears Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapple Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
November 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Cornbread Baked Chicken Speckled Butter Beans Apple Pie Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chicken Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
November 23-27	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread	Egg Noodles	Wheat Bread	Rice	Tortilla	English Muffins
Meat/ Meat Alt.	Beef	Turkey/Cheese	Ham/Cheese	Re-fried Beans/Cheese	Chicken/Cheese
Fruit/Veggie #1	Green Beans	Corn	Peas	Mixed Veggies	Celery/Carrots
Fruit/Veggie #2	Peaches	Bananas	Pineapple	Applesauce	Pears
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM
Nov 30-Dec 4	Meatloaf	Turkey & Gravy	Bologna Sandwich	Cheese Melts	Beanie Weenies
Grain/ Bread	Crackers	Wheat Bread	Wheat Bread	English Muffins	Saltines
Meat/ Meat Alt.	Beef	Turkey	Bologna/Cheese	Cheese	Hot Dogs/Beans
Fruit/Veggie #1	Tomato sauce/peas	Potatoes	Green Beans	Carrot Sticks	cucumbers
Fruit/Veggie #2	Peaches	Fruit cocktail	Apple Slices	Fruit Cocktail	Peaches
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM

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December 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chick Breast Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
December 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Wheat Bread Baked Chicken Squash Sliced Peaches Milk	Spaghetti Beef Tomato sauce/peas Sliced Pears Milk	Mac N' Cheese Chick Breast Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapple Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
December 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/ Bread Meat/ Meat Alt. Fruit/Veggie #1 Fruit/Veggie #2 Milk	Cornbread Baked Chicken Speckled Butter Beans Apple Pie Milk	Toast 100% Fish Sticks Green Beans Mashed Potatoes Milk	Mac N' Cheese Chick Breast Strips Corn Sliced Peaches Milk	Corn Dog Mashed Potatoes Pineapples Milk	Wheat Bread Canadian Bacon Peas Apple Sauce Milk
Dec 28-Jan 1	Beef Stroganoff	Turkey Sandwich	Ham & Rice Casserole	Burritos	Chicken Open Face
Grain/ Bread	Egg Noodles	Wheat Bread	Rice	Tortilla	English Muffins
Meat/ Meat Alt.	Beef	Turkey/Cheese	Ham/Cheese	Re-fried Beans/Cheese	Chicken/Cheese
Fruit/Veggie #1	Green Beans	Corn	Peas	Mixed Veggies	Celery/Carrots
Fruit/Veggie #2	Peaches	Bananas	Pineapple	Applesauce	Pears
Milk	Milk HM	Milk HM	Milk HM	Milk HM	Milk HM