



**East Carter Co.
R-II School
District
ELEMENTARY
BREAKFAST &
LUNCH**

DECEMBER 2010



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | 1 Chicken Patty 1 Mashed Potatoes w/Gravy, Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk 2 Country Fried Steak Mashed Potatoes w/Gravy, Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk 3 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk | New Item-Menu Feature! 2 1 Homemade Chicken Noodle Soup w/ Snowman Pretzel Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 2 All American Hot Dog Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk | 1 Pita Pizza 3 Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 2 Turkey Club Wrap Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 3 Italian Chef Salad Fresh Apple, Rainbow Cake, Milk |
| 1 Popcorn Chicken 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 3 Chef Salad Orange Pineapple Mix, Oatmeal Muffin, Milk | 1 Hamburger 7 Fresh Garden Salad, Fresh Fruit, Jello, Milk 2 Super Nacho's Fresh Garden Salad, Fresh Fruit, Jello, Milk 3 Chicken Fajita Chef Salad Fresh Fruit, Jello, Milk | 1 Chicken Patty 8 Mashed Potatoes w/Gravy, Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 2 Meatloaf Mashed Potatoes w/Gravy, Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 3 Caesar Salad Dried Cranberries, Opaa! WG Hot Roll, Milk | 1 Spaghetti and Meat Sauce 9 w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp 3 Cobb Chef Salad Chilled Pears, Fruit Crisp, Milk | 1 Gilardi's Pizza 10 Fresh Garden Veggies w/Dip Chilled Peaches, PB Monster Cookie, Milk 2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Peaches, PB Monster Cookie, Milk 3 Italian Chef Salad Chilled Peaches, PB Monster Cookie, Milk |
| 1 3 Cheese Grilled Cheese 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 3 Chef Salad w/ WG Bread Stick, Blushing Pears, Cinnamon Delight Cookie, Milk | 1 Tacos 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Chicken Fajita Chef Salad Fresh Orange Smiles, Whipped Jello, Milk | 1 Chicken Patty 15 Mashed Potatoes w/Gravy, Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk 2 Roast Turkey Mashed Potatoes w/Gravy, Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk 3 Caesar Salad Dried Cherries, Opaa! Hot Roll, Milk | 1 Biscuits and Gravy 16 Sausage, Potato Rounds, Fresh Apple Slices, Milk 2 Trix Yogurt General Mills Frudel, Fresh Apple Slices, Milk 3 Cobb Chef Salad Fresh Apple Slices, Fruit Muffin, Milk | 1 Gilardi's WG Pizza 17 Crunchy Veggies w/ Dip, Tropical Fruit, Chocolate Cookie, Milk 2 PBJ on Whole Wheat Crunchy Veggies w/ Dip, Tropical Fruit, Chocolate Cookie, Milk 3 Italian Chef Salad Tropical Fruit, Chocolate Cookie, Milk |
| 20 No School!!! | 21 | 22 Happy Holidays!!! | 23 | 24 |
| 27 No School!!! | 28 | 29 | 30 | 31 |

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Our Menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.
Milk Served Daily:
 1%, Skim, & Chocolate Skim
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Menus are subject to Change

