



East Carter Co.
R-II School
District
MIDDLE SCHOOL &
HIGH SCHOOL
BREAKFAST &
LUNCH

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Patty 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	1 Taco Salad Black Beans, Mandarin Oranges, Cowboy Cookie, Milk 2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk	1 Pita Pizza Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 2 Parmesan Chicken Sandwich Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 3 Asian Chef Salad Fresh Apple, Rainbow Cake, Milk
1 Chicken Tenders 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 Cheeseburger 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 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 Chicken Alfredo w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp 3 Cobb Salad, Chilled Pears, Fruit Crisp, Milk	1 Signature Pizza Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk 2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk 3 Asian Chef Salad Chilled Apricots, PB Monster Cookie, Milk
1 3 Cheese Grilled Cheese 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 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Asian Chef Salad Fresh Orange Smiles, Whipped Jello, Milk	1 Chicken Patty 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 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 Crunchy Veggies w/ Dip, Tropical Fruit, Chocolate Cookie, Milk 2 Spicy Chicken Sandwich Crunchy Veggies w/ Dip, Tropical Fruit, Chocolate Cookie, Milk 3 Asian 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



Our Mission: "Make Their Day"
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