

October 2008

Note: Breakfast, lunch and snack are served with juice and/or milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast: Dry cereal, banana Lunch: Beef & Cheese burrito, tossed salad, diced pears Snack: Raw veggies with dip, saltine crackers	2 Breakfast: Pancakes, sausage link Lunch: Great northern beans, seasoned greens, candied yams, cornbread Snack: Fruit muffin	3 Breakfast: Hot cereal Lunch: Cheeseburger, French fries, diced peaches, bun Snack: Vanilla cookie
6 Breakfast: Cinnamon toast, applesauce Lunch: Chili con carne with beans, coleslaw, pineapple tidbits, crackers Snack: Rice Krispies Treats	7 Breakfast: Biscuit & sausage gravy Lunch: Hot dog/chili dog (Dumas only – fish sticks), tater tots, diced peaches, bun Snack: Chewy peanut butter square	8 Breakfast: Dry cereal Lunch: Chicken & rice casserole, glazed carrots, fresh fruit/fruit salad, garlic bread Snack: Deviled egg	9 Breakfast: Pancakes, sliced bacon Lunch: Meatloaf, mashed potatoes, green beans, roll Snack: Super Donut	10 Breakfast: Hot cereal Lunch: Chicken rounds, creamed corn, diced pears, roll Snack: Turkey sandwich
13 Breakfast: Buttered toast Lunch: Pinto beans, broccoli with cheese sauce, pineapple tidbits, cornbread muffin Snack: Dry cereal	14 Breakfast: Biscuit Lunch: Oven-cooked barbecue chicken, potato salad, diced pears, garlic bread Snack: Chocolate chip cookie	15 Breakfast: Dry cereal, sliced banana Lunch: Tostada, Spanish rice, refried beans, fresh fruit/salad, corn tortilla Snack: Cheese sliced, saltine crackers	16 Breakfast: Pancakes, sausage link Lunch: Chicken patty, mashed potatoes, green beans, roll Snack: Cinnamon toast	17 Breakfast: Hot cereal Lunch: Beef vegetable soup, peanut butter sandwich, diced peaches, corn bread Snack: Banana bread
20 Breakfast: Buttered toast Lunch: Beef-a-roni, garden salad, diced pears, garlic bread Snack: Oatmeal cookie	21 Breakfast: Biscuit/gravy Lunch: Baked chicken, rice/gravy, green peas, diced peaches Snack: Jell-O Toast	22 Breakfast: Dry cereal Lunch: Salisbury steak, mashed potatoes, green beans, roll Snack: Graham crackers, peanut butter	23 Breakfast: Pancakes, sliced bacon Lunch: Grilled chicken, corn coblett, tossed salad, roll/crackers Snack: Super Donut	24 Breakfast: Hot cereal Lunch: Grilled ham & cheese sandwich, baked beans, fruit cocktail, Jell-O Snack: Rice Krispies Treat
27 Breakfast: Buttered Toast Lunch: Macaroni & Cheese, diced ham, green beans, fresh fruit/fruit salad Snack: Peanut butter & jelly sandwich	28 Breakfast: Biscuit Lunch: Oven-fried chicken, mashed potatoes, peas & carrots, roll Snack: Graham crackers	29 Breakfast: Dry cereal, banana Lunch: Beef & Cheese burrito, tossed salad, diced pears Snack: Raw veggies with dip, saltine crackers	30 Breakfast: Pancakes, sausage link Lunch: Great northern beans, seasoned greens, candied yams, cornbread Snack: Fruit muffin	31 Breakfast: Hot cereal Lunch: Cheeseburger, French fries, diced peaches, bun Snack: Vanilla cookie

November 2008

Note: Breakfast, lunch and snack are served with juice and/or milk

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Breakfast: Cinnamon toast, applesauce Lunch: Chili con carne with beans, coleslaw, pineapple tidbits, crackers Snack: Rice Krispies Treats	Breakfast: Biscuit & sausage gravy Lunch: Hot dog/chili dog (Dumas only – fish sticks), tater tots, diced peaches, bun Snack: Chewy peanut butter square	Breakfast: Dry cereal Lunch: Chicken & rice casserole, glazed carrots, fresh fruit/fruit salad, garlic bread Snack: Deviled egg	Breakfast: Pancakes, sliced bacon Lunch: Meatloaf, mashed potatoes, green beans, roll Snack: Super Donut	Breakfast: Hot cereal Lunch: Chicken rounds, creamed corn, diced pears, roll Snack: Turkey sandwich
10	11	12	13	14
Breakfast: Buttered toast Lunch: Pinto beans, broccoli with cheese sauce, pineapple tidbits, cornbread muffin Snack: Dry cereal	Breakfast: Biscuit Lunch: Oven-cooked barbecue chicken, potato salad, diced pears, garlic bread Snack: Chocolate chip cookie	Breakfast: Dry cereal, sliced banana Lunch: Tostada, Spanish rice, refried beans, fresh fruit/salad, corn tortilla Snack: Cheese sliced, saltine crackers	Breakfast: Pancakes, sausage link Lunch: Chicken patty, mashed potatoes, green beans, roll Snack: Cinnamon toast	Breakfast: Hot cereal Lunch: Beef vegetable soup, peanut butter sandwich, diced peaches, corn bread Snack: Banana bread
17	18	19	20	21
Breakfast: Buttered toast Lunch: Beef-a-roni, garden salad, diced pears, garlic bread Snack: Oatmeal cookie	Breakfast: Biscuit/gravy Lunch: Baked chicken, rice/gravy, green peas, diced peaches Snack: Jell-O Toast	Breakfast: Dry cereal Lunch: Salisbury steak, mashed potatoes, green beans, roll Snack: Graham crackers, peanut butter	Breakfast: Pancakes, sliced bacon Lunch: Grilled chicken, corn coblett, tossed salad, roll/crackers Snack: Super Donut	Breakfast: Hot cereal Lunch: Grilled ham & cheese sandwich, baked beans, fruit cocktail, Jell-O Snack: Rice Krispies Treat
24	25	26	27	28
Breakfast: Buttered Toast Lunch: Macaroni & Cheese, diced ham, green beans, fresh fruit/fruit salad Snack: Peanut butter & jelly sandwich	Breakfast: Biscuit Lunch: Thanksgiving Dinner Snack: Graham crackers	Breakfast: Dry cereal, banana Lunch: Beef & Cheese burrito, tossed salad, diced pears Snack: Raw veggies with dip, saltine crackers	Thanksgiving Holiday – Centers closed	Thanksgiving Holiday – Centers closed

December 2008

Note: Breakfast, lunch and snack are served with juice and/or milk

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Breakfast: Cinnamon toast, applesauce Lunch: Chili con carne with beans, coleslaw, pineapple tidbits, crackers Snack: Rice Krispies Treats	Breakfast: Biscuit & sausage gravy Lunch: Hot dog/chili dog (Dumas only – fish sticks), tater tots, diced peaches, bun Snack: Chewy peanut butter square	Breakfast: Dry cereal Lunch: Chicken & rice casserole, glazed carrots, fresh fruit/fruit salad, garlic bread Snack: Deviled egg	Breakfast: Pancakes, sliced bacon Lunch: Meatloaf, mashed potatoes, green beans, roll Snack: Super Donut	Breakfast: Hot cereal Lunch: Chicken rounds, creamed corn, diced pears, roll Snack: Turkey sandwich
8	9	10	11	12
Breakfast: Buttered toast Lunch: Pinto beans, broccoli with cheese sauce, pineapple tidbits, cornbread muffin Snack: Dry cereal	Breakfast: Biscuit Lunch: Oven-cooked barbecue chicken, potato salad, diced pears, garlic bread Snack: Chocolate chip cookie	Breakfast: Dry cereal, sliced banana Lunch: Tostada, Spanish rice, refried beans, fresh fruit/salad, corn tortilla Snack: Cheese sliced, saltine crackers	Breakfast: Pancakes, sausage link Lunch: Chicken patty, mashed potatoes, green beans, roll Snack: Cinnamon toast	Breakfast: Hot cereal Lunch: Beef vegetable soup, peanut butter sandwich, diced peaches, corn bread Snack: Banana bread
15	16	17	18	19
Breakfast: Buttered toast Lunch: Beef-a-roni, garden salad, diced pears, garlic bread Snack: Oatmeal cookie	Breakfast: Biscuit/gravy Lunch: Christmas Dinner Snack: Jell-O Toast	Breakfast: Dry cereal Lunch: Salisbury steak, mashed potatoes, green beans, roll Snack: Graham crackers, peanut butter	Breakfast: Pancakes, sliced bacon Lunch: Grilled chicken, corn coblett, tossed salad, roll/crackers Snack: Super Donut	Breakfast: Hot cereal Lunch: Grilled ham & cheese sandwich, baked beans, fruit cocktail, Jell-O Snack: Rice Krispies Treat
22	23	24	25	26
Christmas Holidays – Centers closed	Christmas Holidays – Centers closed	Christmas Holidays – Centers closed	Christmas Holidays – Centers closed	Christmas Holidays – Centers closed
29	30	31		
Christmas Holidays – Centers closed	Christmas Holidays – Centers closed	Christmas Holidays – Centers closed		