

JETER PRIMARY SCHOOL Jeter November 2008 Bar Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 Sausage/ Biscuit Jelly Assorted Ketchup Ind. Hash Browns Orange Halves Apple Sauce Cake Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	4 Rib BQ Sandwich/WW Beans Green Froz. Fruit Cocktail Yogurt Rainbow Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	5 Taco Bar Lettuce/Tomatoes Cheese Cup Mixed Vegetables Apple Chocolate Chip Cookie Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	6 BBQ Chicken Legs New Red Potatoes Blackeyed Peas Pineapple Chunks WW Rolls Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	7 Chili/Cheese/Potatoe Sour Cream Broccoli Fresh Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Peach Cup	
10 French Toast Sticks Syrup Sausage Link Hash Brown Ketchup Ind. Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Brownie Strawberries,Fresh	11	12 Taco Bar Cheese Cup Lettuce/Tomatoes Corn Fr. Fruit Cocktail Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	13 HB/Steak/Gravy Mashed Potatoes Beans Green Froz. Pears Bread Sticks Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	14 Ham/Cheese/Potato Sour Cream Broccoli Fresh Crackers 4/pk Canteloupe Assorted Juice Sweet Tea Unsweet Tea Milk- Variety	
17 Chicken/Biscuit Fruit Juice Bars Jelly Assorted Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Hash Brown Raisins Ind. Box	18 Turkey /Cheese/Sandwich/ WW Mayonaise Ind Mustard Ind Ketchup Ind. Potato Puffs Lettuce & Tomato Assorted Juice Milk- Variety Unsweet Tea Sweet Tea Fruit Cocktail Carrot Sticks Ranch Dressing Raisins Ind. Box	19 Taco Bar Cheese Cup Lettuce/Tomatoes Corn Sweet Potato Sticks Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Raisins Ind. Box	20 HB/Steak/Gravy Beans Green Froz. New Red Potatoes BBQ Bread Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Vanilla Pudding	21 Chili/Cheese/Potatoe Sour Cream Broccoli Fresh Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Peach Cup	
24 Pizza Cheese Hash Brown Assorted Juice Sweet Tea Unsweet Tea Milk- Variety Canteloupe	25	26	27	28	

Menus Subject to change

JETER PRIMARY SCHOOL

Jeter November 2008 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 Cheese Omelett Fruit Choice 2 Wheat Rolls Jelly Assorted Assorted Juice Milk- Variety Cereal Variety	4 Ham Slice Biscuits Jelly Assorted Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety	5 Waffles Syrup Sausage Link Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety Toast/WW Jelly Assorted	6 Sausage Patty Biscuits Jelly Assorted Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety	7 Breakfast Pizza Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety Jelly Assorted Trail Mix	
10 Cheese Grits Toast/WW Jelly Assorted Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety	11	12 Cheese Sandwich Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety Toast/WW Jelly Assorted	13 Pancakes Syrup Sausage Patty Fruit Choice Assorted Juice Milk- Variety Cereal Variety Toast/WW Jelly Assorted	14 Oatmeal Raisins Ind. Box Cinnamon Toast/WW Assorted Juice Milk- Variety Cereal Variety	
17 Cheese Toast/WW Fruit Choice Assorted Juice Milk- Variety Grits Cereal Variety	18 Pig-N-A-Blanket Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety Biscuits Jelly Assorted	19 Oatmeal Cinnamon Toast/WW Raisins Ind. Box Assorted Juice Milk- Variety Cereal Variety	20 Scramble Eggs Cheese Sauce Fruit Choice 2 WW Rolls Assorted Juice Milk- Variety Cereal Variety Jelly Assorted	21 Waffles Syrup Sausage Patty Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety Toast/WW	
24 Cheese Grits Toast/WW Jelly Assorted Fruit Choice 2 Assorted Juice Milk- Variety Cereal Variety	25 Ham/Cheese/Omelett Toast/WW Jelly Assorted Baked Apples Assorted Juice Milk- Variety Cereal Variety	26	27	28	

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JETER PRIMARY SCHOOL Jeter November 2008 Cold Plate

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 Chef Salad/Ham Cheese Cup Tomato Wedge Orange Halves Apple Sauce Cake Crackers/WW Dressing Assorted Milk- Variety Assorted Juice Sweet Tea Unsweet Tea	4 Tuna Salad Bar Lettuce & Tomato Fruit Cocktail Yogurt Rainbow Crackers/WW Milk- Variety Assorted Juice Sweet Tea Unsweet Tea Trail Mix Baby Carrots	5 Chef Salad/Turkey Cheese Cup Tomato Wedge Apple Chocolate Chip Cookie Dressing Assorted Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Trail Mix	6 Chef Salad/Ham Cheese Cup Tomato Wedge Pineapple Chunks Crackers/WW Dressing Assorted Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Baby Carrots Dried Mango	7 Chef Salad/Chicken Cheese Cup Tomato Wedge Peach Cup Baby Carrots Dressing Assorted Milk- Variety Assorted Juice Sweet Tea Unsweet Tea Crackers/WW Dried Mango	
10 Chef Salad/Ham Cheese Cup Tomato Wedge Brownie Dressing Assorted Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Strawberries, Fresh Trail Mix Dried Mango	11	12 Chef Salad/Turkey Cheese Cup Tomato Wedge Fruit Cocktail Dressing Assorted Crackers 4/pk Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Dried Pineapple Baby Carrots Trail Mix	13 Chef Salad/Ham Cheese Cup Tomato Wedge Pears Crackers 4/pk Dressing Assorted Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Baby Carrots Dried Mango	14 Chef Salad/Chicken Cheese Cup Tomato Wedge Cantaloupe Crackers/WW Dressing Assorted Milk- Variety Sweet Tea Unsweet Tea Assorted Juice Baby Carrots Trail Mix Dried Mango	
17 Chef Salad/Ham Cheese Cup Tomato Wedge Fruit Juice Bars Dressing Assorted Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Baby Carrots Trail Mix Dried Mango	18 Tuna Salad Bar Lettuce & Tomato Fruit Cocktail Crackers/WW Milk- Variety Assorted Juice Sweet Tea Unsweet Tea Dried Mango Baby Carrots Trail Mix	19 Chef Salad/Turkey Cheese Cup Tomato Wedge Sweet Potato Sticks Crackers 4/pk Dressing Assorted Milk- Variety Sweet Tea Unsweet Tea Assorted Juice Dried Mango Baby Carrots	20 Chef Salad/Ham Cheese Cup Tomato Wedge Vanilla Pudding Crackers/WW Dressing Assorted Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Trail Mix Dried Mango Orange Halves	21 Chef Salad/Chicken Cheese Cup Tomato Wedge Peach Cup Baby Carrots Dressing Assorted Milk- Variety Assorted Juice Sweet Tea Unsweet Tea Crackers/WW Dried Mango	
24 Chef Salad/Ham Cheese Cup Tomato Wedge Cantaloupe Dressing Assorted Crackers/WW Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Dried Mango Baby Carrots Trail Mix	25	26	27	28	

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JETER PRIMARY SCHOOL Jeter November 2008 Regular Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
3 Beef Stew Rice Orange Halves Apple Sauce Cake Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Beans Green Froz.	4 Chicken Noodle Soup Cheese Sandwich Crackers 4/pk Fruit Cocktail Yogurt Rainbow Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	5 Vegetable Soup Turkey /Cheese/Sandwich/ WW Crackers 4/pk Apple Mayonaise Ind Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Lettuce & Tomato Chocolate Chip Cookie	6 Meatloaf New Red Potatoes Blackeyed Peas Pineapple Chunks WW Rolls Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	7 Sausage Pizza Corn Fr. Tossed Salad Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Ranch Dressing Peach Cup	
10 BBQ Sandwich/WW Corn Fr. Baked Beans Brownie Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Strawberries,Fresh	11	12 Chicken Nuggets Corn Fr. Lima Beans WW Rolls Assorted Juice Unsweet Tea Milk- Variety Sweet Tea Sweet & Sour Sauce Fruit Cocktail	13 Spaghetti Tossed Salad Pears Bread Sticks Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Green Beans	14 Pepperoni Pizza Corn Fr. Tossed Salad Ranch Dressing Canteloupe Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	
17 Sloppy Joe/WW Oven Fries Peas & Carrots Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Fruit Juice Bars	18 Oven Fried Chicken Rice Fruit Cocktail WW Rolls Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Peas Green	19 Fish Nuggets Tartar Sauce Collards Fresh Sweet Potato Sticks Corn Bread Assorted Juice Milk- Variety Sweet Tea Unsweet Tea	20 Beefaroni Beans Green Froz. BBQ Bread Vanilla Pudding Assorted Juice Milk- Variety Sweet Tea Unsweet Tea New Red Potatoes	21 Sausage Pizza Corn Fr. Tossed Salad Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Ranch Dressing Peach Cup	
24 Chicken Nuggets Pinto Beans Sweet & Sour Sauce Corn Bread Milk- Variety Sweet Tea Unsweet Tea Assorted Juice Canteloupe	25 Turkey/Dressing Gravy Beans Green Froz. Fruit Cocktail Sweet Potato Souffle WW Rolls Assorted Juice Milk- Variety Sweet Tea Unsweet Tea Cranberry Sauce	26	27	28	

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