

Four-Week Cycle Menu

EASTERN NORTH CAROLINA SCHOOL FOR THE DEAF

	CYCLE ONE 10/20/2019 Sunday	10/21/2019 Monday	10/22/2019 Tuesday	10/23/2019 Wednesday	10/24/2019 Thursday	10/25/2019 Friday
B R E A K F A S T		Apple Strudel Strawberry Yogurt Tube Cereal Fresh Grapes Assorted Juice Assorted Milk	Chicken Biscuit Spicy Baked Apples Assorted Juice Assorted Milk	Lemon Bread or Glazed Cinnamon Bun Cereal Fresh Orange Quarters Assorted Juice Assorted Milk	Bacon & Cheese Biscuit Sunny Scrambled Eggs Fresh Banana Assorted Juice Assorted Milk	Pancake Sausage Stick Cereal Tropical Fruit Assorted Juice Assorted Milk
L U N C H	Fun Fact: National Candy Corn Day is October 30, 2019. dedicated to a candy popular primarily around Halloween, that's why it is celebrated on October 30. Candy corn was created in the late 19th century in Philadelphia. It was originally called "Chicken Feed".	Grilled Chicken Filet Sandwich Lettuce & Pickle Cup French Fries Broccoli w/Cheese Peaches/Whip Topping Fresh Orange Quarters Assorted Milk	Baked Spaghetti Garlic Breadstick Garden Salad Mixed Vegetables Peach Cobbler Fresh Honey Dew & Cantaloupe Bowl Assorted Milk	Chicken Fajita Mexican Rice Seasoned Pinto Beans Southern Collards Cherry Pineapple Tidbits Applesauce Assorted Milk	Vegetable Beef Soup w/Crackers Grilled Cheese Sandwich Fresh Garden Salad Baby Carrots w/Ranch Fresh Oranges Quarters Pears Assorted Milk	Double Hot Dogs Potato Tots Baked Beans Cucumbers w/ Ranch Fruited Jello Fresh Grapes Assorted Milk
S U P P E R	Individual Pizza Assorted Chips Fruit cup Fruit drink or Water Cookie	Cheeseburger Sweet Potato Fries Buttered Corn Black-eyed Peas Baby Carrots w/ Ranch Assorted Milk	Chicken Egg Roll Fried Rice Steamed Green Beans Diced Pears Assorted Fresh Fruit Assorted Milk	Salisbury Steak w/Gravy WW Roll Mashed Potatoes Seasoned Turnip Greens Glazed Carrots Mixed Fruit Cocktail Assorted Milk	Oven Fried Chicken Dinner Roll Boiled Potatoes Lima Beans Spiced Beets Peaches Assorted Milk	Have a Great Weekend! 

Menus are subject to change without notice due to item availability

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