

Saraland Early Education Center October 2021



Breakfast

- 1st Hot Cereal, Omelet
Cheese Toast
- 4th Pancake, Sausage
- 5th Chicken Biscuit
- 6th Hot Cereal, Sausage
Bites
- 7th Sausage Biscuit
- 8th Hot Cereal, Pancake
On a Stick
- 13th Hot Cereal, Breakfast
Pizza
- 14th Sausage Biscuit
- 15th Hot Cereal, Omelet,
Cheese Toast
- 18th Waffles, Sausage
- 19th Yogurt, Cereal Bar
- 20th Hot Cereal, Omelet,
Cheese Toast
- 21st Sausage Biscuit
- 22nd Hot Cereal, Breakfast
Pizza
- 25th French Toast, Sausage
- 26th Chicken Biscuit
- 27th Hot Cereal, Sausage
Bites
- 28th Sausage Biscuit
- 29th Hot Cereal, Omelet,
Cheese Toast

| Mon | Tue | Wed | Thu | Fri |
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| | | | | 1 Hot Dog w/ Chili, Cheese, Baked Beans, Fresh Veggies, Cole Slaw, Chips |
| 4 Calzone w/ Sauce, Corn, Fresh Veggies, Pudding | 5 Meatball Sub Broccoli, Oven Potatoes, Fresh Veggies | 6 Chicken Quesadilla w/ Cheese Corn, Black Bean Dip, Fresh Veggies | 7 Salisbury Steak w/ Gravy, Potatoes, Peas, Fresh Veggies, Cornbread | 8 Lasagna Roll, Green Beans, Fresh Veggies |
| 11 Fall Break | 12 Teacher Work Day | 13 French Bread Pizza, Corn, Fresh Veggies, Cookie | 14 Chicken Noodle Soup w/ Vegetables, Grilled Cheese, Fresh Veggies | 15 Gumbo w/ Rice Or Corndog, Corn, Potato Salad, Fresh Veggies, Cinnamon Bun |
| 18 Chicken Bites, Green Beans, Fresh Veggies | 19 Hamburger, Baked Beans, Fresh Veggies, Chips, Pudding | 20 Chicken Sandwich, Oven Potatoes, Broccoli, Fresh Veggies | 21 Nachos w/ Cheese, Corn, Black Bean Dip, Fresh Veggies | 22 Asian Chicken, Broccoli, Fried Rice, Fresh Veggies |
| 25 Hot Dog w/ Chili & Cheese, Baked Beans, Cole Slaw, Oven Potatoes, Fresh Veggies | 26 Italian Bread w/ Cheese and Sauce, Green Beans, Fresh Veggies, Pudding | 27 Potato Soup, Cheese Stick, Broccoli, Fresh Veggies | 28 Spaghetti, Green Beans, Fresh Veggies | 29 Stuffed Crust Pepperoni, Corn, Fresh Veggies, Cookie |

Offered Daily with Meals:
Cereal & Toast with Breakfast
Lunch & Breakfast: Unflavored
1% Low Fat, Unflavored Skim,
Fat Free Flavored Milk.
Fruit & Juice served daily.
Alternate Lunch Meal:
Chef Salad
Menu subject to change due to deliveries.