

EMERALD CITY ES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

PIONEER FOOD SERVICE

27-Oct		28-Oct		29-Oct		30-Oct		31-Oct		1-Nov		2-Nov	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Cheerios	1 c	Oatmeal	1 c	Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cornflakes	1 c
Waffle	2 ea	Frittata	1/2C	Waffle	2 ea	Scram. Eggs	1/2C	Sausage Gravy	1/2 c	Breakfast	1/2C	French Toast	2 sl
T. Sausage links	2 ea			Bacon	2sl	Hash Browns	1/2C	Biscuits	2 ea	Taco		Tur.Saus Patty	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl			Tortilla	2 ea	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp					Syrup	2oz
Cranberry Jce*	###	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
										Lentil Soup	8 oz		
T.Ham	3 oz	Meat Loaf W/	3 oz	Chicken Sausage	4 oz	Chili con carne	12 oz	Chicken Alfredo	8 oz	W/ Saltines	2 pak	Hamb Patty	3 oz
Cheese	2 sl	Swiss Cheese	2ea	in Marinara		Shredded cheese	1 oz	Casserol		Bologna	3 oz	W/Cheese,	1 ea
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c					Cheese	2sl	Mayo/Must	1 ea
Potato Chips	1oz	Green Salad	1 c	Italian Veg Mix	1/2C	Capri Veg	1/2c	Brussel Sprouts	1/2 c	Mayo/Mustard	1pk ea	Macaroni &	1/2 c
		Ranch Dressing	1 oz							Baby Carrot**	1/2C	Cheese	
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea	Bread Roll/marg	1ea	Wheat Bread	2 sl	Hamb Bun	1 ea
Mandarins*	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1/2c	Fresh Banana	1 ea	Fresh Orange*	1ea	Mixed Fruit	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Sloppy Joes	4 oz	Grilled Chicken	3 oz	Salisbury Steak	3.2 oz	Chix teriyaki	3 oz	Fried Steak	4 oz	Chick Cacciatore	4 oz	Breaded Fish	3.6 oz
Pasta Salad	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Tater Tots	1 c
Green Beans	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Venetian Mix Veg	1/2 c	Mashed Potatoes	1 c	Green Beans	1/2 c	W/Tartar sauce	1 oz
Green Salad	1c	Green Salad	1 c	Carrots	1/2C	Green Salad	1 c	Broccoli Blend	1/2 c	Green Salad	1 c	Capri Veg	1/2 c
Salad Dressing	1oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Green Salad	1 c
												Salad Dressing	1 oz
Ham Bun	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea	Bread/marg	1 ea	Bread/mar	1 ea	Bread Roll/marg	1ea	Bread/marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Apricot	1/2C	Pudding	1/2C	Peaches	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

EMERALD CITY ES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE2

PIONEER FOOD SERVICE

3-Nov		4-Nov		5-Nov		6-Nov		7-Nov		8-Nov		9-Nov	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Cornflakes	1 c	Oatmeal	1 c	Cheerios	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea	Cheese	1ea	Pancakes	2ea	Frittata	1/2C
Hash Browns	4 oz			Casserole		Sausage Patty	2 oz	Omelette		Tur.Saus Patty	2 oz		
						Cheese Slice	1 ea						
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea	Wheat Toast	2 sl	Syrup	2oz	Wheat Toast	2 sl
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco						Chef's Salad				Soup of the day	8 oz
T.Salami	3 oz	Taco Meat w/		Turkey Hot Dog	4 oz	Bn&Cheez Burrito	2 ea	T.Ham&Shrd Chz	1oz ea	Sloppy Joes	4 oz	Bologna	3 oz
Cheese	2sl	Black Beans	4 oz	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	Potato Salad	1/2 c	W/Cheese	2sl
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c	Baby carrot**	1/2 c	Saltine Cracker	2ea
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c	Tomatoes	2 wdg			Mayo/Mustard	1ea
		Salsa/sour crm	1oz ea	Coleslaw	1/2 c			Salad Dressing	2 oz			Potato Chips	1oz
Wheat Bread	2 sl	Tortilla	2 ea	Hot dog buns	2 ea			Dinner Roll/mar	1 ea	Hamb Bun	1ea	Bread	2ea
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fresh Apple	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz	Salisbury Steak	3.2 oz	Cheeseburger	3 oz	Brd Fish square	3.6 oz
		Rice	1C	Mashed Potatoes	1 c			Mashed Potatoes	1 c	Mayo/mustard	1 ea	W/Tartar Sauce	1 oz
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Capri Veg Mix	1/2 c	W/Brown Gravy	3 oz	Tater tots	1 C	Tater Tots	1C
Scandiavian Veg	1/2 c			Carrots	1/2c	Green Salad	1 c	Brussel Sprouts	1/2 c	Corn	1/2 C	Peas & Carrots	1/2c
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Green Salad	1 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz							Salad Dressing	1 oz	Salad Dressing	1 oz
Bread/marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1ea	Ham Bun	1 ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	1/2 c	Tropical Salad	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

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EMERALD CITY ES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE4

PIONEER FOOD SERVICE

17-Nov		18-Nov		19-Nov		20-Nov		21-Nov		22-Nov		23-Nov	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Crispix	1 c	Frosted Flakes	1 c	Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c
		Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1ea	Egg Patty	1 ea	Pancakes	2 sl	Frittata	1/2C
Sausage Gravy	1/2 c	Hash Browns	1/2C	T.sausage patty	2 oz	Omelette		Sausage Patty	1 ea	Bacon	2 oz		
Biscuits	2 ea							Cheese Slice	1 ea				
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	English Muffin	1 ea	Syrup	2 oz	Wheat Toast	2 sl
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	6 oz	Grape Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
										Chef's Sal			
Chicken noodle		Bn&Cheez Burrito	2 ea	Turkey	3 oz	Tomato Soup	8 oz	Beef Chili	12 oz	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	3 oz
Casserole	8 oz	Spanish Rice	1/2 c	W/Cheese	2ea	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c
		W/Salsa	1oz			Ham	3 oz	Mix Veggies**	1/2 c	Lettuce mix	2 c	Winter Blend	1/2 c
Green Beans	1/2 c	Zucchini	1/2C	Mayo/Mustard	1pk ea	Cheese	2ea			Tomatoes	2 wdg	Biscuit/Marg	1es
				Baby carrot**	1/2C	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz		
Dinner Roll/mar	1 ea			Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea		
Fresh Apple	1ea	Fresh Orange*	1ea	Pear	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea	Pears	1/2 c
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Breaded Fish	3.6 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz	Br.Chicken Patty	3 oz	Shepherds Pie	6 oz	T.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c			w/ Contry Gravy	3oz
Tater Tots	1C	Penne Pasta	1 c	Veg.in stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c
Peas & Carrots	1/2C	Broccoli Blend	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Capri Veg	1/2 c	Baby Carrots**	1/2C
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing	1 oz
Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
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EMERALD CITY ES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE5

PIONEER FOOD SERVICE

24-Nov		25-Nov		26-Nov		27-Nov		28-Nov		29-Nov	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Oatmeal	1 c	Rice Krispies	1 c	Froot Loops	1 c
French Toast	2 ea	Scram. Eggs	1/2C	Waffle	2 ea	Egg Patty	1 ea	Cheese	1ea	Scram. Eggs	1/2C
		Tater Triangles	2 ea	T. Sausage links	2 oz	Sausage Patty	1 ea	Omelette		Hash Browns	1/2C
						Cheese Slice	1 ea				
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	English Muffin	1 ea	Wheat Toast	2 sl	Wheat Toast	2 sl
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Grape Juice*	1/2 c	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Grape Juice*	6 oz	Cranberry Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco				Caesar Salad w/		Soup of the day	8 oz		
Salmon Burger	3 oz	Taco Meat w/		Chix teriyaki	3 oz	Diced Chicken	3 oz	W/ Saltines	2 pak	BBQ Chicken	4 oz
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix	2 c	Bologna	3 oz	Tater Tots	1/2 c
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg	1/2 c	Croutons/Parm	1 oz ea	Cheese	2ea	Corn and Peppers	1/2C
Peas & Carrots	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea		
		Salsa/sour crm	1oza			Dinner Roll/marg	1 ea	Baby Carrots**	1/2C	Coleslaw	1/2c
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread	2 sl	Hamb Bun	1 ea
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Fresh Banana	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Chicken Parmesar	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef	4 oz	Chicken Patty w/	3 oz	Salisbury Steak	4 oz
Marinara&Parmes	1oza	W/Potatoe and		W/Tartar Sauce	1 oz	Rice	1C	Gravy	3oz	W/Brown Gravy	3 oz
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Stir Fry Veg	1/2 c	Mashed Potatoes	1 c	Rice	1 c
Zucchini	1/2 c			Peas				Peas & Carrots	1/2C	Capri Veg	1/2 c
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz		1/1 tsp	Salad Dressing	1 oz
bread/marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Bread/marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c	Cake	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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30-Nov	
SATURDAY	
Cornflakes	1 c
French Toast	2 ea
Tur.Saus Patty	2 oz
Marg	2 tsp
Syrup	2oz
Orange Juice*	6 oz
2% Milk	8 oz
Turkey Noodle Casserole	8 oz
Italian Veg	1/2 c
Biscuit/Marg	1ea
Pudding	1/2 c
2% MILK	8 oz
T.Ham Steak W/Gravy	3 oz
	3 oz
Scalloped Potatoes	1 c
Mix Veggies	1/2c
Green Salad	1 c
Salad Dressing	1 oz
Bread/marg	1 ea
Tropical Salad	1/2 c
2% Milk	8 oz