

# FORD HEIGHTS SCHOOL DIST. #169 MENU-APRIL-2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>4</p> <p>BREAKFAST GRITS,HAM, APPLE JUICE,MILK1% LUNCH SAUS PIZZA,GR. BEANS,FRUIT CUP, APPLE JUICE,CHOC MILK1%</p>	5	<p>6</p> <p>BREAKFAST EGGO,GRAMS, FRUIT CUP,MILK1% LUNCH BEEF TACO,SAUCE, CHOP SALAD,WICH, FRUIT CUP,APPLE JUICE,CHOC MILK1% EARLY DISMISSAL</p>	<p>7</p> <p>BREAKFAST GOGURT,GRAMS, FRUIT CUP,MILK1% LUNCH CHIX SAND,FRIES, FRUIT CUP,APPLE JUICE,MAYO,KET, CHOC MILK1%</p>	<p>BREAKFAST FROSTED MINI WHTS, GRAMS,OJ,MILK1% LUNCH CHILI,CHEESE ITS, APPLE JUICE,FRUIT CUP,CHOC MILK1%</p>
<p>11</p> <p>BREAKFAST OATMEAL,HAM, ORANGE JUICE,MILK1% LUNCH CHILI CHEESE CORN DOGS,CANDIED CARROTS,FRUIT CUP,APPLE JUICE,CHOC MILK</p>	<p>12</p> <p>BREAKFAST CHEESE TOAST,FRUIT CUP,MILK1% LUNCH HAMBURGER,BAKE BEANS, FRUIT CUP,APPLE JUICE, MUST&amp;KET,CHOC MILK1% EARLY DISMISSAL</p>	<p>13</p> <p>BREAKFAST GOLDEN GRAMS,GRAMS, FRUIT CUP,MILK1% LUNCH CHIX TENDERS,KET, FRIES,FRUIT CUP, APPLE JUICE CHOC MILK1%</p>	<p>14</p> <p>BREAKFAST HASH BROWN,SAUSAGE, FRUIT CUP,MILK1% LUNCH CHIX FAJITA,CHIEESE,TOSS SALAD,SAUCE,FRUIT CUP, FRUIT,APPLE JUICE, CHOC MILK1%</p>	<p>15</p> <p>BREAKFAST FROSTED FLAKES, GRAMS,APPLE JUICE,MILK1% LUNCH FISH NUGGETS, FRIES,PEACHES,KETSUP, APPLE JUICE,CHOC MILK1%</p>
<p>18</p> <p>BREAKFAST FARINA,HAM,ORANGE JUICE,GRAMS,MILK1% LUNCH PEPPERONI PIZZA,ITALIAN VEGGIES,FRUIT CUP, APPLE JUICE, CHOC MIK1%</p>	<p>19</p> <p>BREAKFAST EGG PATTY,RAISIN TOAST,MILK1% LUNCH CHIX SAND,FRIES, FRUIT CUP,MAYO&amp;KET, APPLE JUICE,CHOC MILK1%</p>	<p>20</p> <p>BREAKFAST LUCKY CHARMS, FRUIT CUP,GRAMS,MILK1% EASTER MEAL ROAST TKY,RICE PILAF,PEAS, APPLE JUICE,COOKIE CHOC MILK1%</p>	<p>21</p> <p>BREAKFAST SAUSAGE,BISCUIT, FRUIT,MILK1% LUNCH NATCHO'S WTKY SHRED CHEESE,FRUIT,JUICE, CORN,SAUCE, CHOC MILK1%</p>	22
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**Dr.Gregory Jackson Superintendent**  
**Joyce McEwen Assistant Superintendent**    **Coretta Jackson Coordinator of Business Affairs**  
**Mary Stennis Food Service Manager**