



Fayetteville Central Kitchen

October - December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/06, 11/03, 12/01 Meatballs w/ Spaghetti Sauce Diced Rosemary Potatoes Whole Kernel Corn Hot Dog Bun Apple Juice Milk	10/07, 11/04, 12/02 Chicken Piccata Rice Pilaf Orange Carrots Texas Bread Fresh Fruit Milk	10/08, 11/05, 12/03 Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk Ketchup	10/09, 11/06, 12/04 Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Hot Cinnamon Applesauce (H) Cinnamon Applesauce (C) Milk	10/10, 11/07, 12/05 Bourbon-Style Chicken Oven Roasted Potatoes Collard Greens Dinner Roll Chocolate Chip Cookie Milk
10/13, 11/10, 12/08 Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Berry Juice Milk	10/14, 11/11 (closed), 12/09 Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit Milk	10/15, 11/12, 12/10 BBQ Pulled Pork Ranch Potatoes Chuckwagon Corn Hamburger Bun Applesauce Milk	10/16, 11/13, 12/11 Honey Mustard Chicken Mixed Beans Broccoli Dinner Roll Sugar Cookie Milk	10/17, 11/14, 12/12 Beef Stroganoff Italian Vegetables Tossed Salad Texas Bread Hot Mixed Fruit (H) Mixed Fruit (C) Milk Assorted Dressing
10/20, 11/17, 12/15 Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice Milk	10/21, 11/18, 12/16 Peanut Butter & Jelly Vegetable Rice Soup Green Peas White Bread (2) Hot Spiced Fruit Milk	10/22, 11/19, 12/17 Chicken Breast w/ Gravy Garlic Whipped Potatoes Lima Beans Dinner Roll Tropical Fruit Milk	10/23, 11/20, 12/18 Spaghetti Casserole Whole Kernel Corn Green Beans Texas Bread Fig Bar Milk	10/24, 11/21, 12/19 (special) Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges Milk
10/27, 11/24 Creole Beef Patty Parslied Rice Green Peas w/Red Pepper Texas Bread Fresh Orange Milk	10/28, 11/25 Cranberry Dijon Chicken Oven Roasted Potatoes California Vegetables Texas Bread Fruit & Grain Bar Milk	10/29, 11/26 (special) Tarragon Pork Roast Buttered Rice Glazed Carrots Dinner Roll Tropical Fruit Milk	10/30 (special), 11/27 (closed) Turkey Salad Macaroni Salad Tomato Cucumber Salad Hamburger Bun Orange Juice Milk	10/31 (special), 11/28 (closed) Meatloaf w/ Horseradish Brown Sauce Whipped Potatoes Brussel Sprouts w/ Corn Dinner Roll Fresh Banana Milk
Fall Special-10/31 Beef Hot Dog w/Chili Potato Medley Vegetarian Baked Beans Hot Dog Bun Oatmeal Raisin Cookie Milk Mustard	Thanksgiving Special-11/26 Pork Roast w/Gravy Garlic Whipped Potatoes Green Beans Amandine Texas Bread Pumpkin Bar Milk	Christmas Special-12/19 Chicken Breast w/Mushroom Gravy Delmonico Potatoes Peas w/ Mushrooms Dinner Roll Cinnamon Cake Milk	 TRIO Community Meals an elior company	

Jennifer Sarych
 Jennifer Sarych, RDN, LDN



Fayetteville Central Kitchen- Frozen

October - December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/06, 11/03, 12/01 Meatballs w/ Spaghetti Sauce Diced Rosemary Potatoes Whole Kernel Corn Hot Dog Bun Apple Juice Milk	10/07, 11/04, 12/02 Chicken Piccata Rice Pilaf Orange Carrots Texas Bread Mandarin Oranges Milk	10/08, 11/05, 12/03 Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Pineapple Tidbits Milk Ketchup	10/09, 11/06, 12/04 Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Hot Cinnamon Applesauce Milk	10/10, 11/07, 12/05 Bourbon-Style Chicken Oven Roasted Potatoes Collard Greens Dinner Roll Chocolate Chip Cookie Milk
10/13, 11/10, 12/08 Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Berry Juice Milk	10/14, 11/11 (closed), 12/09 Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit Milk	10/15, 11/12, 12/10 BBQ Pulled Pork Ranch Potatoes Chuckwagon Corn Hamburger Bun Applesauce Milk	10/16, 11/13, 12/11 Honey Mustard Chicken Mixed Beans Broccoli Dinner Roll Sugar Cookie Milk	10/17, 11/14, 12/12 Beef Stroganoff Italian Vegetables Texas Bread Hot Mixed Fruit Milk
10/20, 11/17, 12/15 Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice Milk	10/21, 11/18, 12/16 Swiss Steak w/ Gravy Brown Rice Green Peas White Bread Hot Spiced Fruit Milk	10/22, 11/19, 12/17 Chicken Breast w/ Gravy Garlic Whipped Potatoes Lima Beans Dinner Roll Tropical Fruit Milk	10/23, 11/20, 12/18 Turkey Spaghetti Casserole Whole Kernel Corn Green Beans Texas Bread Fig Bar Milk	10/24, 11/21, 12/19 (special) Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges Milk
10/27, 11/24 Creole Beef Patty Parslied Rice Green Peas w/Red Pepper Texas Bread Mandarin Oranges Milk	10/28, 11/25 Cranberry Dijon Chicken Oven Roasted Potatoes California Vegetables Texas Bread Fruit & Grain Bar Milk	10/29, 11/26 (special) Tarragon Pork Roast Buttered Rice Glazed Carrots Dinner Roll Tropical Fruit Milk	10/30 (special), 11/27 (closed) Turkey & White Beans Rice Florentine Mixed Vegetables Texas Bread Orange Juice Milk	10/31 (special), 11/28 (closed) Meatloaf w/ Horseradish Brown Sauce Whipped Potatoes Brussel Sprouts w/ Corn Dinner Roll Pineapple Tidbits Milk
Fall Special-10/31 Beef Hot Dog w/Chili Potato Medley Vegetarian Baked Beans Hot Dog Bun Oatmeal Raisin Cookie Milk Mustard	Thanksgiving Special-11/26 Pork Roast w/Gravy Garlic Whipped Potatoes Green Beans Amandine Texas Bread Pumpkin Bar Milk	Christmas Special-12/19 Chicken Breast w/Mushroom Gravy Delmonico Potatoes Peas w/ Mushrooms Dinner Roll Cinnamon Cake Milk	 TRIO Community Meals an elior company	


 Jennifer Sarych, RD, LDN



Fayetteville

January - March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/05, 02/02, 03/02, 03/30	01/06, 02/03, 03/03, 03/31	01/07, 02/04, 03/04, 04/01	01/08, 02/05, 03/05, 04/02	01/09, 02/06, 03/06, 04/03
Beef Patty Baked Beans Corn O'Brien Hamburger Bun Mandarin Oranges Milk	Smothered Chicken Cut Yams Brussels Sprouts Wheat Roll Fruit & Grain Bar Milk	Pork Roast w/ BBQ Sauce Cheesy Rice Broccoli Texas Bread Apple Juice Milk	Meatloaf w/ Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Fresh Banana Milk	Peanut Butter & Jelly Vegetable Rice Soup Green Peas Wheat Bread (2) Hot Cinnamon Applesauce Milk
01/12, 02/09, 03/09	01/13, 02/10, 03/10	01/14, 2/11, 03/11	01/15, 02/12, 03/12	01/16, 02/13, 03/13
Turkey Breast w/ Poultry Gravy Whipped Sweet Potatoes Mixed Greens Texas Bread Oatmeal Cream Cookie Milk	Swiss Steak w/Gravy Rice Pilaf Whole Kernel Corn Wheat Roll Seasonal Fruit Milk	Cheese Omelet Hashbrown Casserole Stewed Tomatoes Bagel Orange Juice Milk	Turkey A La King Confetti Rice Mixed Vegetables Texas Bread Grape Juice Milk	Chicken Parmesan Spaghetti Noodles Green Beans Dinner Roll Mandarin Oranges Milk
01/19 (closed), 02/16, 03/16	01/20, 02/17, 03/17	01/21, 02/18, 03/18	01/22, 02/19, 03/19	01/23, 02/20, 03/20
Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Lima Beans Texas Bread Peaches Milk	Ham & White Beans Collard Greens Hot Spiced Applesauce Cornbread Fruit & Grain Bar Milk	Sloppy Joe Buttered Rice Country Vegetables Hamburger Bun Fruit Punch Juice Milk	Creamy Paprika Chicken Mashed Red Skin Potatoes Turnip Greens Dinner Roll Pineapple Tidbits Milk	Beef Stroganoff w/ Rotini Noodles Green Peas Glazed Carrots Wheat Bread Mixed Fruit Milk
01/26, 02/23, 03/23	01/27, 02/24, 03/24	01/28, 02/25, 03/25	01/29, 02/26, 03/26	01/30, 02/27, 03/27
Bourbon Style Chicken Macaroni & Cheese Green Beans Wheat Roll Applesauce Milk	A-1 Chopped Steak Garlic Whipped Potatoes Parslied Carrots Wheat Roll Fig Bar Cookie Milk	Sliced Turkey w/ Vegetable Gravy Rice Pilaf Mediterranean Vegetables Texas Bread Apple Juice Milk	Spaghetti Casserole Green Peas Tossed Salad Texas Bread Hot Spiced Fruit Milk Ranch Dressing	Pulled Pork O'Brien Potatoes Chuckwagon Corn Coleslaw Hamburger Bun Milk
January Special - 01/22	February Special - 02/11	March Special - 03/17		
BBQ Chicken Black-Eyed Peas Collard Greens Texas Bread Vanilla Pudding Milk	Baked Chicken Breast w/ Cordon Bleu Sauce Whipped Potatoes Lima Beans Wheat Roll Cookie Milk	Chili Dog Baked Beans Whole Kernel Corn Hot Dog Bun Very Berry Juice Milk	 TRIO Community Meals Nourishment through compassionate care.	

Jennifer Sarych, RDN, LDN

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Fayetteville Frozen

January - March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/05, 02/02, 03/02, 03/30	01/06, 02/03, 03/03, 03/31	01/07, 02/04, 03/04, 04/01	01/08, 02/05, 03/05, 04/02	01/09, 02/06, 03/06, 04/03
Beef Patty Baked Beans Corn O'Brien Hamburger Bun Mandarin Oranges Milk	Smothered Chicken Cut Yams Brussels Sprouts Wheat Roll Fruit & Grain Bar Milk	Pork Roast w/ BBQ Sauce Cheesy Rice Broccoli Texas Bread Apple Juice Milk	Meatloaf w/ Brown Gravy Whipped Potatoes Glazed Carrots Texas Bread Fruit Punch Milk	Peanut Butter & Jelly Vegetable Rice Soup Green Peas Wheat Bread (2) Hot Cinnamon Applesauce Milk
01/12, 02/09, 03/09	01/13, 02/10, 03/10	01/14, 02/11, 03/11	01/15, 02/12, 03/12	01/16, 02/13, 03/13
Turkey Breast w/ Poultry Gravy Whipped Sweet Potatoes Mixed Greens Texas Bread Oatmeal Cream Cookie Milk	Swiss Steak w/Gravy Rice Pilaf Whole Kernel Corn Wheat Roll Applesauce Milk	Cheese Omelet Hashbrown Casserole Stewed Tomatoes Bagel Orange Juice Milk	Turkey A La King Confetti Rice Mixed Vegetables Texas Bread Grape Juice Milk	Chicken Parmesan Spaghetti Noodles Green Beans Wheat Roll Mandarin Oranges Milk
01/19 (closed), 02/16, 03/16	01/20, 02/17, 03/17	01/21, 02/18, 03/18	01/22, 02/19, 03/19	01/23, 02/20, 03/20
Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Lima Beans Texas Bread Peaches Milk	Ham & White Beans Collard Greens Hot Spiced Applesauce Cornbread Fruit & Grain Bar Milk	Sloppy Joe Buttered Rice Country Vegetables Hamburger Bun Fruit Punch Juice Milk	Creamy Paprika Chicken Mashed Red Skin Potatoes Turnip Greens Dinner Roll Pineapple Tidbits Milk	Beef Stroganoff w/ Rotini Noodles Green Peas Glazed Carrots Wheat Bread Mixed Fruit Milk
01/26, 02/23, 03/23	01/27, 02/24, 03/24	01/28, 02/25, 03/25	01/29, 02/26, 03/26	01/30, 02/27, 03/27
Bourbon Style Chicken Macaroni & Cheese Green Beans Wheat Roll Applesauce Milk	A-1 Chopped Steak Garlic Whipped Potatoes Parslied Carrots Wheat Roll Fig Bar Cookie Milk	Chicken Breast w/ Vegetable Gravy Parslied Rice Mediterranean Vegetables Dinner Roll Very Berry Juice Milk	Spaghetti Casserole Green Peas Winter Blend Vegetables Texas Bread Mixed Fruit Milk	Pulled Pork O'Brien Potatoes Chuckwagon Corn Hamburger Bun Pineapple Tidbits Milk
January Special - 01/22	February Special - 02/11	March Special - 03/17		
BBQ Chicken Black-Eyed Peas Collard Greens Texas Bread Fig Bar Cookie Milk	Baked Chicken Breast w/ Cordon Bleu Sauce Whipped Potatoes Lima Beans Wheat Roll Cookie Milk	Chili Dog Baked Beans Whole Kernel Corn Hot Dog Bun Very Berry Juice Milk		

Jennifer Sarych, RDN, LDN

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Fayetteville

April - June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/06,05/04,06/01,06/29	04/07,05/05,06/02,06/30	04/08,05/06,06/03,07/01	04/09,05/07,06/04,07/02	04/10,05/08,06/05,07/03
A-1 Chopped Steak Egg Noodles Glazed Baby Carrots Texas Bread Fruit Punch Juice Milk	Lemon Pepper Chicken Brown Rice Cabbage Dinner Roll Fig Bar Cookie Milk	Sliced Turkey Breast Swiss Cheese Pasta Salad Beet Salad Wheat Bread (2) Applesauce Milk Mustard	BBQ Pulled Pork Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Milk	Pizza Casserole Green Peas California Vegetables Dinner Roll Peaches Milk
04/13,05/11,06/08	04/14,05/12,06/09	04/15,05/13,06/10	04/16,05/14,06/11	04/17,05/15,06/12
Turkey Breast w/ Mushroom Gravy Rice Pilaf Whole Kernel Corn Texas Bread Very Berry Juice Milk	Beef Patty Baked Beans Green Peas Hamburger Bun Mixed Fruit Milk Ketchup	BBQ Chicken Breast Macaroni & Cheese Collard Greens Dinner Roll Fruit & Grain Bar Milk	Taco Meat Fiesta Rice Mixed Beans Flour Tortilla Apple Juice Milk Taco Sauce	Tuna Salad Kidney Bean Salad Cucumber Tomato Salad Wheat Bread (2) Seasonal Fruit Milk
04/20,05/18,06/15	04/21,05/19,06/16	04/22,05/20,06/17	04/23,05/21,06/18	04/24,05/22,06/19
Beef Spaghetti Sauce Parslied Spaghetti Green Peas Wheat Roll Mixed Fruit Milk	Turkey Salad Potato Salad Carrot Raisin Salad Hamburger Bun Seasonal Fruit Milk	Pork Roast w/ Horseradish Brown Sauce Rice Pilaf Spring Vegetables Texas Bread Mandarin Oranges Milk	Peanut Butter & Jelly Chicken Vegetable Soup Lima Beans White Bread (2) Pineapple Milk	Garlic Rosemary Chicken Buttermilk Potatoes Green Beans Dinner Roll Fig Bar Cookie Milk
04/27,05/25,06/22	04/28,05/26,06/23	04/29,05/27,06/24	04/30,05/28,06/25	05/01,05/29,06/26
Cranberry Dijon Chicken Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit Milk	Beef Chili w/Beans Confetti Rice Glazed Carrots Texas Bread Apple Juice Milk	Egg Salad Macaroni Salad Stewed Tomatoes Wheat Bread (2) Mandarin Oranges Milk	Meatloaf w/Gravy Whipped Potatoes Whole Kernel Corn Wheat Roll Mixed Fruit Milk	Sliced Ham Northern Beans Turnip Greens Cornbread Fruit & Grain Bar Milk
Spring Special 04/17	Mother's Day 05/05	Father's Day 06/19		
Hot Dog Oven Roasted Potatoes Carrots Hot Dog Bun Chocolate Chip Cookie Milk Ketchup	Chicken Chef Salad Potato Salad Cucumber Tomato Salad Saltine Crackers Strawberry Shortcake Milk Ranch Dressing	Bourbon Chicken Brown Rice Succotash Glazed Carrots Dinner Roll Chocolate Cake Grape Juice Milk		

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Fayetteville Frozen

April - June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/06,05/04,06/01, 06/29	04/07,05/05,06/02, 06/30	04/08,05/06,06/03, 07/01	04/09,05/07,06/04, 07/02	04/10,05/08, 06/05, 07/03
A-1 Chopped Steak Egg Noodles Glazed Baby Carrots Dinner Roll Fruit Punch Juice Milk	Lemon Pepper Chicken Brown Rice Cabbage Dinner Roll Fig Bar Cookie Milk	Turkey Pasta Bake Green Beans Lima Beans Wheat Roll Applesauce Milk	BBQ Pulled Pork Baked Beans Whole Kernel Corn Hamburger Bun Mixed Fruit Milk	Pizza Casserole Green Peas California Vegetables Dinner Roll Peaches Milk
04/13,05/11,06/08	04/14,05/12,06/09	04/15,05/13,06/10	04/16,05/14,06/11	04/17,05/15,06/12
Turkey Breast w/ Mushroom Gravy Rice Pilaf Whole Kernel Corn Texas Bread Very Berry Juice Milk	Beef Patty Baked Beans Green Peas Hamburger Bun Mixed Fruit Milk Ketchup	BBQ Chicken Breast Macaroni & Cheese Collard Greens Dinner Roll Fruit & Grain Bar Milk	Taco Meat Fiesta Rice Mixed Beans Flour Tortilla Apple Juice Milk	Tuna Tetrazzini Whole Kernel Corn Green Beans Dinner Roll Mixed Fruit Milk
04/20,05/18,06/15	04/21,05/19,06/16	04/22,05/20,06/17	04/23,05/21,06/18	04/24,05/22,06/19
Beef Spaghetti Sauce Parslied Spaghetti Green Peas Wheat Roll Mixed Fruit Milk	Turkey Rice Casserole Whole Kernel Corn Brussel Sprouts Dinner Roll Applesauce Milk	Pork Roast w/ Horseradish Brown Sauce Rice Pilaf Spring Vegetables Texas Bread Mandarin Oranges Milk	Swiss Steak w/ Gravy Lima Beans Broccoli Dinner Roll Pineapple Milk	Garlic Rosemary Chicken Buttermilk Potatoes Green Beans Dinner Roll Fig Bar Cookie Milk
04/27,05/25,06/22	04/28,05/26,06/23	04/29,05/27,06/24	04/30,05/28,06/25	05/01,05/29,06/26
Cranberry Dijon Chicken Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Mixed Fruit Milk	Beef Chili w/Beans Confetti Rice Glazed Carrots Texas Bread Apple Juice Milk	Cheese Omelet Tater Tots Stewed Tomatoes Bagel Mandarin Oranges Milk	Meatloaf w/Gravy Whipped Potatoes Whole Kernel Corn Wheat Roll Mixed Fruit Milk	Sliced Ham Northern Beans Turnip Greens Cornbread Orange Juice Milk
Spring Special 04/17	Mother's Day 05/05	Father's Day 06/19		
Hot Dog Oven Roasted Potatoes Carrots Hot Dog Bun Chocolate Chip Cookie Milk Ketchup	Honey Mustard Chicken Cheesy Whipped Potatoes Spring Vegetables Wheat Roll Strawberry Shortcake Milk	Bourbon Chicken Brown Rice Succotash Glazed Carrots Dinner Roll Chocolate Cake Grape Juice Milk	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	

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Fayetteville Central Kitchen

July-September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07/06,08/03,08/31(special), 09/28	07/07,08/04,09/01,09/29	07/08,08/05,09/02,09/30	07/09,08/06,09/03,10/01	07/10,08/07,09/04,10/02
Chicken Breast w/ Mild Buffalo Sauce Rice Pilaf Green Beans Texas Bread Fruit Punch Juice Milk	Meatloaf w/Gravy Whipped Potatoes Lima Beans Dinner Roll Fig Bar Cookie Milk	Turkey Tetrazzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Seasonal Fruit Milk	Sloppy Joe Ranch Beans Mixed Vegetables Hamburger Bun Diced Peaches Milk	Sliced Turkey Breast Swiss Cheese Macaroni Salad Broccoli Raisin Salad Wheat Bread (2) Strawberry Applesauce Milk Mustard
07/13,08/10,09/07	07/14,08/11,09/08	07/15,08/12,09/09	07/16(special),08/13, 09/10	07/17,08/14,09/11
Meatballs w/ Tomato Basil Sauce Garlic Whipped Potatoes Brussel Sprouts Dinner Roll Tropical Fruit Milk	BBQ Pulled Pork Macaroni & Cheese Coleslaw Hamburger Bun Warm Spiced Pears (H) Spiced Pears (C) Milk	Taco Meat Spanish Rice Whole Kernel Corn Flour Tortilla Apple Juice Milk Taco Sauce	Turkey Breast w/ Mushroom Gravy Mashed Spiced Yams Broccoli Texas Bread Fudge Crème Cookie Milk	Chicken Chef Salad Pasta Salad Carrot Salad Wheat Roll Applesauce Milk Ranch Dressing
07/20,08/17,09/14	07/21,08/18,09/15	07/22,08/19,09/16	07/23,08/20,09/17	07/24,08/21,09/18
Bolognese Casserole Lima Beans Garden Vegetables Texas Bread Sliced Pears Milk	Chicken Breast w/ Southwest Lime Sauce Rice Pilaf Mixed Vegetables Dinner Roll Mandarin Oranges Milk	Ham & White Beans Collard Greens Warm Spiced Applesauce (H) Spiced Applesauce (C) Cornbread Fruit & Grain Bar Milk	Beef Patty Lettuce & Tomato Baked Beans Hamburger Bun Orange Juice Milk Ketchup	Peanut Butter & Jelly Vegetable Rice Soup Green Peas Wheat Bread (2) Warm Glazed Peaches (H) Glazed Peaches (C) Milk
07/27,08/24,09/21	07/28,08/25,09/22	07/29,08/26,09/23	07/30,08/27,09/24	07/31,08/28,09/25(special)
Creamy Paprika Chicken Mixed Beans Sliced Carrots Dinner Roll Seasonal Fruit Milk	Salisbury Steak w/ Steakhouse Sauce Penne Noodles Green Beans w/ Red Peppers Texas Bread Pineapple Tidbits Milk	Crustless Turkey Pot Pie Whipped Potatoes Cabbage Wheat Roll Fig Bar Cookie Milk	Pork Roast w/Gravy Brown Rice Brussel Sprouts Dinner Roll Diced Peaches Milk	Sliced Ham Swiss Cheese Pasta Salad Confetti Coleslaw Wheat Bread (2) Very Berry Juice Milk Mustard
Summer Special-07/16	Labor Day Special-08/31	Fall Special-09/25		
Hot Dog w/ Chili Sweet Potato Wedges Broccoli Hot Dog Bun Chocolate Chip Cookie Milk Ketchup	Fajita Chicken Confetti Rice Fiesta Vegetables Flour Tortilla Carnival Cookie Milk Sour Cream	Sliced Ham w/ Dijonnaise Sauce Northern Beans Mixed Greens Cornbread Fudge Crème Cookie Milk	 TRIO Community Meals Nourishment through compassionate care.	

Courtney Furr, RDN, LDN

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Fayetteville Central Kitchen Frozen

July-September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07/06,08/03,08/31(special), 09/28	07/07,08/04,09/01,09/29	07/08,08/05,09/02,09/30	07/09,08/06,09/03,10/01	07/10,08/07,09/04,10/02
Chicken Breast w/ Mild Buffalo Sauce Rice Pilaf Green Beans Texas Bread Fruit Punch Juice Milk	Meatloaf w/Gravy Whipped Potatoes Lima Beans Dinner Roll Fig Bar Cookie Milk	Turkey Tetrazzini Whole Kernel Corn Orange Sliced Carrots Texas Bread Mixed Fruit Milk	Sloppy Joe Ranch Beans Mixed Vegetables Hamburger Bun Pineapple Tidbits Milk	Turkey Supreme Penne Noodles Italian Vegetables Wheat Bread Strawberry Applesauce Milk
07/13,08/10,09/07	07/14,08/11,09/08	07/15,08/12,09/09	07/16(special),08/13, 09/10	07/17,08/14,09/11
Meatballs w/ Tomato Basil Sauce Garlic Whipped Potatoes Brussel Sprouts Dinner Roll Tropical Fruit Milk	BBQ Pulled Pork Macaroni & Cheese Green Peas Hamburger Bun Mandarin Oranges Milk	Taco Meat Spanish Rice Whole Kernel Corn Flour Tortilla Apple Juice Milk	Turkey Breast w/ Mushroom Gravy Mashed Spiced Yams Broccoli Texas Bread Fudge Crème Cookie Milk	Bourbon Chicken Au Gratin Noodles Spinach Wheat Roll Grape Juice Milk
07/20,08/17,09/14	07/21,08/18,09/15	07/22,08/19,09/16	07/23,08/20,09/17	07/24,08/21,09/18
Bolognese Casserole Lima Beans Garden Vegetables Texas Bread Sliced Pears Milk	Chicken Breast w/ Southwest Lime Sauce Rice Pilaf Mixed Vegetables Dinner Roll Mandarin Oranges Milk	Ham & White Beans Collard Greens Warm Spiced Applesauce Cornbread Fruit & Grain Bar Milk	Beef Patty Baked Beans Broccoli Hamburger Bun Orange Juice Milk Ketchup	Turkey A La King Vegetable Rice Soup Green Peas Dinner Roll Diced Peaches Milk
07/27,08/24,09/21	07/28,08/25,09/22	07/29,08/26,09/23	07/30,08/27,09/24	07/31,08/28,09/25(special)
Creamy Paprika Chicken Mixed Beans Sliced Carrots Dinner Roll Mixed Fruit Milk	Salisbury Steak w/ Steakhouse Sauce Penne Noodles Green Beans w/ Red Peppers Texas Bread Pineapple Tidbits Milk	Crustless Turkey Pot Pie Whipped Potatoes Cabbage Wheat Roll Fig Bar Cookie Milk	Pork Roast w/ Gravy Brown Rice Brussel Sprouts Dinner Roll Fruit Cocktail Milk	Sliced Ham w/ Raisin Sauce Egg Noodles Whole Kernel Corn Texas Bread Very Berry Juice Milk
Summer Special-07/16	Labor Day Special-08/31	Fall Special-09/25		
Hot Dog w/ Chili Sweet Potato Wedges Broccoli Hot Dog Bun Chocolate Chip Cookie Milk Ketchup	Fajita Chicken Confetti Rice Fiesta Vegetables Flour Tortilla Carnival Cookie Milk	Sliced Ham w/ Dijonnaise Sauce Northern Beans Mixed Greens Cornbread Fudge Crème Cookie Milk	 Nourishment through compassionate care.	

Courtney Furr, RDN, LDN

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