

Weekly Menu Sample

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R K	French Toast Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes Breakfast Ham Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs French Toast Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Bagel and Cream Cheese Sausage Breakfast muffins Yogurt Fresh Fruit 100% Juice	Hot Cereal Egg and Ham Wrap Yogurt Fresh Fruit 100% Juice	Hot Cereal Baked Omelet Yogurt Bacon Fresh Fruit 100% Juice Fresh Biscuits
L U N	Green Salad Classic Meatloaf Or Grilled Lemon Chicken Fresh Mashed Potatoes Garlic Green Beans Baked Roll Ice Cream	Green Salad Sweet Pineapple Chicken Or Baked Tilapia Filet Confetti Rice Pilaf California Blend Baked Roll Rainbow Cake	Green Salad Turkey Or Beef Pot Roast Fresh Mashed Potatoes Stewed Tomatoes Baked Roll Fruit	Green Salad Ham Steaks Or Spaghetti and Meatballs Baked Potato Sautéed Carrots Baked Roll Fruit	Green Salad Southwest Chicken Or Pork with Noodles Cheesy Rice Herbed Corn Baked Roll Homemade Peach Pie	Green Salad Parmesan Tilapia Filets Or Cube Steak Parmesan Charlic Mashed Potatoes Italian Green Beans Baked Roll Soft Oatmeal Raisin Cookie	Green Salad Classic Lasagna Or Lemon Herb Turkey Roast with Gravy Grilled Zucchini Garlic Bread Ice Cream
D I N	Navy Bean Soup Ham Sandwich Or BLT Wrap Mixed Vegetables Homemade Cookie	Cream of Mushroom Soup Seasoned Burgers Or Pastrami Sandwich Three Bean Salad Chocolate Chip Cookie	Vegetarian Stew Teriyaki Chicken Sandwich Or Bean and Cheese Burrito Apple Broccoli Salad Sherbet with Raspberry Sauce	Garden Tomato Soup Greek Pasta with Shrimp Or Hot Turkey Sandwich Cucumber and Feta Salad Pita Bread Rice and Raisin Pudding	Homestyle Vegetable Soup BBQ Ham Sandwich Or Italian Meatball Dish Creamy Coleslaw Ice Cream	Cream of Celery Soup Honey Mustard Deli Sandwich Or Sausage and Mushroom Pizza Sweet Spinach Salad Ice Cream	Red Bean Chili Crispy Chicken Strips Or Philly Steak Sandwich Steamed Broccoli Steak Fries Homemade Cookie
	Milk offered at every meal						