

Sample MENU

MEAL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Fruit Juice Cold Cereal or Hot Cereal Egg Sausage Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Banana Half Cold Cereal or Hot Cereal Egg Breakfast Meat Biscuit Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Egg Biscuit with Sausage Gravy Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Egg Bacon Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Banana Half Cold Cereal or Hot Cereal Egg Corned Beef Hash Toast Margarine Jelly Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal French Toast Sausage Toast Margarine Syrup Milk Coffee or Hot Tea	Fruit Juice Cold Cereal or Hot Cereal Egg Bacon Toast Margarine Jelly Milk Coffee or Hot Tea
LUNCH	Pot Roast Potatoes Carrots Bread or Dinner Roll Margarine Fruit Pie Beverage of Choice	Country Fried Steak Mashed Potatoes with Gravy Green Beans Dinner Roll or Bread Margarine Cookies Beverage of Choice	Seasoned Chicken Breast Hashbrown Casserole Seasoned Carrots Dinner Roll or Bread Margarine Fruited Gelatin Beverage of Choice	Meat sauce over Pasta Winter Blend Vegetables Garlic Bread Peach Compote Beverage of Choice	Liver and Onions Fried Potatoes Green Beans Dinner Roll or Bread Margarine Fruit Cobbler Beverage of Choice	Fish and Chips with Tarter Sauce Confetti Slaw Dinner Roll or Bread Margarine Lemon Bar Beverage of Choice	BBQ Chicken Au Gratin Potatoes Seasoned Greens Dinner Roll or Bread Margarine Italian Cream Cake Beverage of Choice
ALTERNATE	Crunchy Orange Fish	Chef Salad	Shrimp Poppers	Fruit and Cheese	Turkey in Herb Sauce	Smothered Steak and Onions	Marinated Pork Chops
DINNER	Chicken Tenders with Dipping Sauce Scalloped Potatoes Green Peas Dinner Roll or Bread Margarine Baked Sliced Apples Milk Beverage of Choice	Smothered Sausage with Sauerkraut Fried Potatoes and Onions Dinner Roll or Bread Margarine Fruit Cups Milk Beverage of Choice	Beef Vegetable Stew Tossed Salad with Dressing Biscuit Margarine Fruit Salad Chocolate Brownie Milk Beverage of Choice	Hot Turkey Sandwich with Gravy Mashed Potatoes Pumpkin Square Milk Beverage of Choice	Pork Cutlet with Gravy Dressing Corn O'Brian Dinner Roll or Bread Margarine Ice Cream Milk Beverage of Choice	Chicken Noodle Soup Crackers Deli Sandwich Tomato and Cucumber Salad Spiced Pears Milk Beverage of Choice	Swedish Meatballs with Sauce Rice Broccoli Bread Margarine Mandarin Oranges Milk Beverage of Choice
ALTERNATE	Sweet and Sour Pork	Broccoli Cheese Pasta	Apple Ginger Pork Chops	Seafood Salad	Chicken Piquant	Chef Salad	Egg Salad with Fruit Plate
SNACK	Fruit Punch Vanilla Wafers Cheese Plate	Fruit Punch Pudding Graham Crackers	Fruit Punch Jello Cookies	Fruit Punch Vanilla Wafers Cheese Plate	Fruit Punch Pudding Graham Crackers	Fruit Punch Cookies Pudding	Fruit Punch Vanilla Wafers Fruit Plate



