



WEEKLY MENU DECEMBER 29 – JANUARY 4



D

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Cream of Rice French Toast Sausage Links Raisins Orange Juice Milk	Oatmeal Scrambled Eggs Hashbrowns Banana Orange Juice Milk	Grits Pancakes Bacon Orange Juice Milk	Cream of Wheat Soft Fried Eggs Sourdough Toast Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Oatmeal Biscuit w/Sausage Gravy Fresh Melon Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

- A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Fried Eggs F. Oatmeal
 G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L
U
N
C
H

Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Banana Cream Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Vegetable Medley Angel Food Cake w/ Strawberry Sauce Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Tossed Salad Ice Cream Milk	HAPPY NEW YEAR BBQ Pork Ribs Macaroni and Cheese Green Bean Casserole Mixed Berry Shortcake Yeast Roll/Butter Milk	Chicken Parmesan w/Marinara Over Spaghetti Sicilian Veg Blend Garlic Breadstick Peanut Butter Cookie Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Pickle/Diced Onion Milk	Sloppy Joe/Bun Tater Tots Mandarin Oranges Milk
Salami & Ham Sub w/Provolone Cheese Shredded Lettuce/Tomato Pasta Salad Pineapple Tidbits Milk	Fried Shrimp Tater Tots Corn on The Cob Mandarin Oranges Cocktail Sauce Milk	Kielbasa/Bun French Fries Steamed Beets Chilled Diced Pears Milk	Tuna Noodle Casserole Glazed Carrots Dreamsicle Salad Milk	Salisbury Steak Mashed Potatoes French Green Beans Chilled Peaches Bread/Butter Milk	Sliced Roast Turkey in Gravy Over White Bread Stuffing Buttered Peas Fresh Pineapple Milk	Lasagna Diced Carrots Garlic Bread Diced Pears Milk

S
U
P
P
E
R

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

- #1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)
 #4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
 #7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
 #10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
 #12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

-HAPPY NEW YEAR FROM YOUR NUTRITION SERVICES DEPT.-

WEEKLY MENU JANUARY 5 - 11

E

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Cheese Omelet Wheat Toast Orange Juice Milk	Cream of Rice Soft Fried Eggs Sourdough Toast Orange Juice Milk	Oatmeal Pancakes Bacon Blueberry Sauce Orange Juice Milk	Grits Corned Beef Hash Wheat Toast Fresh Cantaloupe Orange Juice Milk	Cream of Wheat French Toast Casserole Sausage Patties Orange Juice Milk	Maple Oat Bran Farmer Scramble Wheat Toast Orange Juice Milk	Oatmeal Egg/Cheese on English Muffin Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

- A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Fried Eggs F. Oatmeal**
G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate.

L
U
N
C
H

Fried Chicken Baked Beans Tomato/Cucumber Salad Cookies+Cream Pie Milk	Dry Rub Ribs Macaroni/Cheese Corn on the Cob Corn Muffin Ice Cream BBQ Sauce Milk	Crispy Chicken/Bun Shredded Lettuce/Tomato Mushroom Soup Fruit Turnover Milk	Country Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Chocolate Pudding Dinner Roll/Butter Milk	BBQ Pork/Bun Tortilla Chips Cowboy Caviar Snickerdoodle Cookie Pickle Spear Milk	Meatloaf Baked Potato/SC Buttered Peas Mandarin Oranges Bread/Butter Milk	Chicken Enchilada Casserole Lettuce/Tomato Fruit Cocktail Sour Cream Milk
---	---	---	--	--	--	--

S
U
P
P
E
R

Bratwurst German Potato Salad Green Beans Warm Cinnamon Apples Dinner Roll/Butter Milk	Beer Battered Cod Roasted Potatoes Roasted Brussel Sprouts Peaches/Strawberries Milk	Pepperoni/Bacon Pizza Tossed Salad Apple Crisp Milk	Chili Cheese Dog Potato Chips Macaroni Salad Fresh Grapes Milk	Sweet-Sour Chicken White Rice Spring Roll Citrus Salad Milk	Fried Shrimp Steak Fries Coleslaw Lemon Cake Cocktail Sauce Milk	Sliced Deli Ham on Kaiser Roll Cucumber Salad Cinnamon Applesauce Milk
---	---	---	--	---	---	---

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

- #1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**
#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

****Make Alternate Selections on the Reverse side****

WEEKLY MENU JANUARY 12 - 18

F

BREAKFAST

<u>SUNDAY</u> Oatmeal Sausage Gravy Biscuit Orange Juice Milk	<u>MONDAY</u> Cream of Rice Soft Fried Eggs Wheat Toast Orange Juice Milk	<u>TUESDAY</u> Oatmeal Cheesy Eggs Wheat Toast Raisins Orange Juice Milk	<u>WEDNESDAY</u> Grits Pancakes Bacon Orange Juice Milk	<u>THURSDAY</u> Cream of Wheat Scrambled Eggs Hashbrowns Orange Juice Milk	<u>FRIDAY</u> Maple Oat Bran French Toast Sausage Links Orange Juice Milk	<u>SATURDAY</u> Oatmeal Pigs in a Blanket Orange Juice Milk
---	---	---	---	--	---	--

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

- A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Hard Fried Eggs F. Oatmeal**
G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

LUNCH

Chopped Sirloin Mushrooms/Onions Baked Potato/SC Cheese Cauliflower Blueberry Pie Dinner Roll/Butter Milk	Smothered Pork Chop SC/Bacon Mashed Potatoes Hubbard Squash Ice Cream Milk	Chicken Cordon Bleu Chicken Gravy Yukon Mashed Potatoes Vegetable Blend Butterscotch Pudding Dinner Roll/Butter Milk	Beef Soft Shell Taco Sour Cream & Taco Sauce Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Fruit Cocktail Milk	Turkey Pastrami on Rye w/Swiss Bean/Bacon Soup Potato Salad Fudge Brownie Milk	Spaghetti w/Meatballs Broccoli Garlic Bread Pineapple Tidbits Milk	Salisbury Steak Mashed Potatoes/Gravy Green Beans Cherry Fruit Crisp Milk
---	--	--	--	---	---	--

SUPPER

Smoked Sausage/Bun Baked Beans Potato Chips Oatmeal Cookie Milk	Sloppy Joe/Bun Tater Tots Coleslaw Fruited Jell-O Milk	Mongolian Beef Lo Mein Noodles Steamed Broccoli Mandarin Oranges Milk	Grilled Chicken Sandwich on Bun Leaf Lettuce Tomato Slice Onion Rings Diced Carrots Chilled Peaches Milk	Beef & Bean Chili Cornbread Fresh Strawberries Milk	Baked Lemon Garlic Salmon French Fries Coleslaw Dinner Roll Fresh Pear Milk	Stuffed Peppers Tossed Salad Garlic Bread Angel Cake Fluff Milk
--	--	---	---	--	---	---

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

- #1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**
#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

****Make Alternate Selections on the Reverse side****

WEEKLY MENU JANUARY 19 - 25

A

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage/Cheese English Muffin Orange Juice Milk	Cream of Rice Cheese Omelet Coffee Cake Orange Juice Milk	Oatmeal Sausage Links Hashbrowns Raisins Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran Bacon Pancakes Apple Compote Orange Juice Milk	Grits Cheesy Scrambled Eggs Homemade Lemon Blueberry Bread Orange Juice Milk	Oatmeal Ham/Cheese Croissant Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

- A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Fried Eggs F. Oatmeal**
G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L
U
N
C
H

Beef Pot Roast Brown Gravy Roasted Potatoes Creamed Spinach Fruits of the Forest Pie Dinner Roll/Butter Milk	Herb Chicken Wild Rice Buttered Corn Cheesecake Dinner Roll/Butter Milk	Wet Burrito Fiesta Rice Lettuce/Tomato Lemon Cookie Sour Cream Milk	Ham and Sausage Pizza Caesar Salad Raspberry Sherbet Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato French Fries Fruit Cocktail Dill Pickle Chips Milk	Catfish Po' Boy Shredded Lettuce Sweet Potatoes Roasted Corn Medley Mandarin Oranges Remoulade Sauce Milk	Chili Dog/Bun French Fries Coleslaw Diced Pears Dill Pickle Spear Diced Onions Milk
Goulash Mixed Vegetables Fresh Melon Bread/Butter Milk	Grilled Cheese Tomato Soup Coleslaw Caramel Applesauce Milk	Chicken Salad on Hawaiian Bun Tossed Salad Lattice Chips Chocolate Pudding Milk	Baked Cod Loin Potato Wedges Peas/Carrots Sugar Cookie Dinner Roll/Butter Milk	BBQ Chicken Leg Quarter Potato Salad Marinated Cucumbers Diced Peaches Milk	Baked Spaghetti Roasted Asparagus Ice Cream Milk	Chicken and Dumplings Creamy Cucumber Salad Strawberry Shortcake Milk

S
U
P
P
E
R

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

- #1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**
#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat bread)

****Make Alternate Selections on the Reverse side****

WEEKLY MENU JANUARY 26 – FEBRUARY 1

B

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Biscuit w/Sausage Gravy Strawberries w/Blueberries Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Fresh Banana Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Raisins Orange Juice Milk	Cream of Wheat Roast Beef Hash Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Sausage Patties Orange Juice Milk	Oatmeal Cheddar Omelet Wheat Toast Mixed Melons Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items):

- A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Fried Eggs F. Oatmeal**
G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L

U

N

C

H

S

U

P

P

E

R

Beef Stroganoff Buttered Noodles Diced Carrots Peach Pie Dinner Roll/Butter Milk	Sauteed Chicken w/ Chicken Gravy Rice Pilaf Green Beans Citrus Salad Cheddar Biscuit Milk	Bacon Cheeseburger Leaf Lettuce Tomato Slice Potato Cheese Soup Tossed Salad Diced Peaches Milk	Lasagna BLT Salad Garlic Bread Orange Sherbet Milk	Pork Chop Home Fries Broccoli Spice Cake Dinner Roll/Butter Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
Shaved Turkey/Roll Lettuce Leaf Sliced Tomato Cauliflower Soup Pineapple Tidbits Milk	Citrus Marinated Fish Steamed Cauliflower Roasted Delicata Squash Butterscotch Pudding Milk	Cheddar Wurst Tator Tots Buttered Peas Chocolate Cake Bread/Butter Milk	Shaved Corned Beef on Rye Bread w/Swiss Cheese Potato Chips Coleslaw Mandarin Oranges Milk	Chicken Caesar Dinner Salad Jalapeño Cheese Soup Garlic Breadstick Fruit Cocktail Milk	Smothered Steak Smashed Redskins Buttered Corn Jell-O Fruit Parfait Bread/Butter Milk	Beef Stew Tossed Salad Fresh Pineapple Biscuit/Butter Milk

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

- #1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**
#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

****Make Alternate Selections on the Reverse side****