

|   | Monday                 | Tuesday             | Wednesday            | Thursday             | Friday              | Saturday             | Sunday               |
|---|------------------------|---------------------|----------------------|----------------------|---------------------|----------------------|----------------------|
| B<br>R<br>E<br>A<br>K<br>F<br>A<br>S<br>T | Orange Juice           | Cranberry Juice     | Apple Juice          | Orange Juice         | Grape Juice         | Orange Juice         | Cranberry Juice      |
|   | Oatmeal                | Cream of Wheat      | Malt-O-Meal          | Cream of Rice        | Oatmeal             | Cream of Wheat       | Malt-O-Meal          |
|   | Scrambled Egg          | Fried Egg           | Biscuit & Gravy      | Scrambled Egg        | Fried Egg           | Poached Egg          | Scrambled Egg &      |
|   | Grapefruit Sections    | Banana Half         | Yogurt & Blueberries | Sausage Link         | Banana Half         | Peach Yogurt PC      | Ham                  |
|   | Wheat Toast            | Wheat Toast         | Coffee               | Cinnamon Raisin      | Croissant           | Wheat Toast          | Seasonal Fresh Fruit |
|   | Coffee                 | Coffee              | 2% Milk              | Toast                | Coffee              | 2% Milk              | Donut                |
|   | 2% Milk                | 2% Milk             | -----                | Coffee               | 2% Milk             | Coffee               | Coffee               |
|   | -----                  | -----               | Oatmeal              | 2% Milk              | -----               | -----                | 2% Milk              |
| Cream of Wheat                            | Oatmeal                | Scrambled Egg       | -----                | Cream of Wheat       | Oatmeal             | -----                |                      |
| Hard Boiled Egg                           | Scrambled Egg          |                     | Cream of Wheat       | Scrambled Egg        | Scrambled Egg       | Oatmeal              |                      |
|   |                        |                     | Hard Boiled Egg      |                      |                     | Hard Boiled Egg      |                      |
| L<br>U<br>N<br>C<br>H                     | Meatloaf               | Country Steak &     | Beef Pot Roast       | Stir Fry Pork        | Chicken Fricassee   | Baked Fish & Dill    | Roast Turkey &       |
|   | Baked Potato           | Gravy               | Homemade             | Steamed Rice         | Garlic Noodles      | Sauce                | Gravy                |
|   | Creamy Coleslaw        | Mashed Potatoes     | Oven-Browned         | Seasoned Broccoli    | Lemon Asparagus     | Buttered Red         | Mashed Sweet         |
|   | Chilled Pears          | Seasoned Green      | Potatoes             | Florets              | Chilled Apricots    | Potatoes             | Potatoes             |
|   | Frosted Spice Cake     | Beans               | Calico Corn          | Chilled Peaches      | Red Velvet Cake     | Baked Winter Squash  | Green Bean           |
|   | Coffee                 | Tossed Salad        | Cranberry Pineapple  | Pistachio Pudding    | Coffee              | Bananas & Pineapples | Casserole            |
|   | 2% Milk                | w/Dressing          | Gelatin              | Coffee               | 2% Milk             | Angel Cake           | Chilled Applesauce   |
|   | -----                  | Cherry Crisp        | Chocolate Chip       | 2% Milk              | -----               | w/Strawberries       | German Chocolate     |
|   | Fish & Newburg         | Coffee              | Cookies              | -----                | Beef Burgundy       | Coffee               | Cake                 |
|   | Sauce                  | 2% Milk             | Coffee               | Cabbage Roll         | Glazed Carrots      | 2% Milk              | Coffee               |
| Broccoli Normandy                         | -----                  | 2% Milk             | Seasoned Zucchini    |                      | -----               | 2% Milk              |                      |
|   | Rosemary Chicken       | -----               |                      |                      | Hot Dog on Bun      | -----                |                      |
|   | Steamed Corn           | Veggie Gratin       |                      |                      | Baked Beans         | Vegetable Lasagna    |                      |
|   |                        | Frittata            |                      |                      |                     | Parsley Cauliflower  |                      |
|   |                        | Stewed Tomatoes     |                      |                      |                     |                      |                      |
| D<br>I<br>N<br>N<br>E<br>R                | Chili with Beans       | Chicken Velvet Soup | Chicken Pot Pie      | Beef Lasagna         | Grilled Cheese Sndw | Hamburger on Bun     | Broccoli Cheese      |
|   | Chilled Fruit Cocktail | Cold Cut Sandwich   | Garden Salad         | Peas with Fresh Dill | on White            | Oven Baked Fries     | Soup                 |
|   | Corn Muffin            | Chilled Fruit Salad | Mandarin Oranges     | Romaine & Onion      | Cream of Tomato     | Chilled Peaches      | Ham Salad on         |
|   | Lemon Cookies          | Toffee Bar          | Strawberry Ice       | Salad w/Dressing     | Soup                | Ketchup Packet       | Croissant            |
|   | Coffee                 | Coffee              | Cream                | Apple Cobbler        | Tossed Salad        | Lettuce Tomato       | Seasonal Fresh Fruit |
|   | 2% Milk                | 2% Milk             | Coffee               | Coffee               | w/Dressing          | Onion                | Banana Cream Pie     |
|   | -----                  | -----               | 2% Milk              | 2% Milk              | Chilled Pears       | Tapioca Pudding      | Coffee               |
|   | Turkey Sandwich on     | Cheesy Rice         | -----                | -----                | Brownie             | 2% Milk              | 2% Milk              |
|   | Wheat                  | Casserole           | Tuna Salad On        | Egg Salad Sndw on    | Coffee              | Coffee               | -----                |
|   | Minestrone Soup        | Pickled Beets       | Croissant            | Wheat                | 2% Milk             | -----                | Beef-a-roni          |
|   |                        | Cream Asparagus     | Fresh Grapes         | -----                | BLT Sandwich on WW  | Brussels Sprouts     |                      |
|   |                        | Soup                |                      | Italian Deli Wrap    | Vegetable Soup      |                      |                      |