

BREAKFAST**LUNCH****DINNER****MONDAY**

Oatmeal
Scrambled Eggs
Orange Muffin

Alt: Cold Cereal
Poached Egg
Wheat Toast

Salisbury Steak w/ Gravy
Mashed Potatoes
Herbed Green Peas
Frosted Brownie

Alt: Liver and Onions

BLT Turkey Lettuce Salad
Wheat Roll
Chilled Peaches

Alt: Soup and Sandwich of the Day

TUESDAY

Cream of Wheat
Buttermilk Biscuits
Sausage Gravy

Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Spaghetti & Meat Sauce
Herbed Green Beans
Garlic French Bread
Vanilla Pudding

Alt: Chicken Wild Rice Soup
Sandwich of the Day

Broccoli Cheese Soup
Ham & Swiss on Wheat
Mandarin Oranges

Alt: Cottage Cheese Fruit Plate

WEDNESDAY

Cream of Rice
French Toast
Sausage Links

Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Chicken & Dumplings
Scalloped Potatoes
4 Way Veggies
Frosted Yellow Cake

Alt: Salisbury Steak
Mashed Potatoes

Beef Soft Shell Tacos
Spanish Rice
Refried Beans
Fresh Watermelon

Alt: Soup & Sandwich of the Day

THURSDAY

Cream of Wheat
Fried Egg
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Turkey Meatloaf
Mashed Potatoes/Gravy
Roasted Carrots
Spiced Peaches

Alt: Chef Salad w/ Ham/ Egg

BBQ Pork on a Bun
Potato Chips
Creamy Coleslaw
Chilled Pears

Alt: Tuna Salad Sandwich

FRIDAY

Oatmeal
Scrambled Eggs
White Toast

Alt: Cold Cereal
Hard Boiled Egg
Wheat Toast

Baked Penne w/Italian Sausage
Lettuce Salad
Parmesan Breadstick
Green Grapes

Alt: Baked Fish
Mashed Potatoes/Gravy

Chicken Strips
Tator Tots
Pea & Cheese Salad
Chocolate Pudding

Alt: Turkey Ham cheese Sub
Potato Chips

SATURDAY

Cream of Wheat
Poached Egg
Fresh Banana
Wheat Toast

Alt: Cold Cereal
Scrambled Eggs
White Toast

Roast Turkey
Bread Stuffing
Capri Blend Veggies
Whipped Gelatin

Alt: Cottage Cheese Winter Fruit Plate

Hot Dog on a Bun
Potato Wedges
Baked Beans
Fresh Cantalope

Alt: Chef Salad

SUNDAY

Oatmeal
Egg & Cheese Bake
Frosted Cinnamon Roll

Alt: Cold Cereal
Scrambled Eggs
Wheat Toast

Open Face Hot Beef Sandwich
Mashed Potatoes/Gravy
Herbed Cabbage
Chocolate Cake

Alt: Breaded cod on a Bun

Tater Tot Casserole
Green Beans
Chilled Pears

Alt: Soup & Sandwich of the Day

*Menu subject to