



MENU - WEEK 1

SPRING/SUMMER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
FRENCH TOAST - 1 SLICE BACON - 2 SLICES GF MAPLE SYRUP MELON - 1/2 CUP GF JUICE - 4OZ GF	2 EGGS OVER MEDIUM - GF WHEAT TOAST - 2 SLICES FRUIT CUP - 1/2 CUP GF JUICE - 4OZ GF	2 SCRAMBLED EGGS GF HASHBROWNS -1/2 CUP GF WHEAT TOAST - 2 SLICES FRESH BANANA - 1 GF JUICE - 4OZ GF	2 FLUFFY PANCAKES BERRY TOPPING - 2 OZ GF BACON - 2 SLICES GF JUICE - 4OZ GF	CHEESE OMELET - 4 OZ GF TOAST - 2 SLICES YOGURT - 4 OZ JUICE - 4OZ GF	HOT OR COLD CERERAL - 1/2 CUP GF BERRY MUFFIN - 1 BANANA - 1 GF JUICE - 4OZ GF	FRIED EGG & CHEESE SANDWICH - 4 OZ GF FRUIT CUP - 1/2 CUP GF JUICE - 4OZ GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
HAM DINNER WITH PINEAPPLE GLAZE - 4 OZ GF YAMS - 1/2 CUP GF GLAZED CARROTS - 1/2 CUP GF WHEAT BREAD - 1 SLICE COOKIES - 2	COBB SALAD GF HAM, TURKEY, EGGS, BACON, TOMATO ICEBERG LETTUCE - 6OZ BREADSTICK BANANA CREAM PIE - 1 SL	SIRLOIN TIPS - 3OZ GF OVER BUTTERED NOODLES - 1/2 CUP PEAS AND CARROTS - 1/2 CUP GF WARM DINNER ROLL BUTTERSCOTCH PUDDING - 1/2 CUP GF	HAMBURGER GF ON A BUN - 4 OZ POTATO SALAD-1/2 C GF SQUASH MEDLEY-1/2 C GF GARLIC KNOT - 1 MIXED MELON - 1/2 CUP GF	BBQ CHICKEN - 3 OZ GF BAKED SWEET POTATO - 3 OZ GF CREAMED CORN - 1/2 CUP APPLE RINGS - GF WARM DINNER ROLL -1 GRAPES - 1/2 CUP GF	PHILLY CHEESESTEAK WITH GREEN PEPPERS, ONIONS, MUSHROOMS AND CHEESE - 4 OZ GF ON A SUB ROLL TOSSED SALAD - 1/2 C PEARS -1/2 CUP GF	ROAST TURKEY - 3OZ GF STUFFING - 4OZ GRAVY - 2OZ GF MASHED POTATOES SQUASH - 1/2 CUP GF CRANBERRY SAUCE GF CHEESECAKE - 1 SL
CC COOKIES - 1	BANANA CREAM PIE - 1 SL	PUDDING - 1/2 CUP GF	MIXED MELON - 1/2 CUP GF	GRAPES - 1/2 CUP GF	PEARS -1/2 CUP GF	CHEESECAKE - 1 SL
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CHICKEN PATTY MELT GF ON BUN - 5 OZ LETTUCE, TOMATO-2 OZ BRUSSEL SPROUTS - 1/2 CUP GF JUICE STICK - 1	GRILLED REUBEN SANDWICH - 5 OZ TATER TOTS - 1/2 CUP GF BROCCOLI - 1/2 CUP GF PEACHES - 1/2 CUP GF	CHICKEN SALAD GF ON WHEAT BREAD - 5OZ PICKLE - 1 VEGETABLE SOUP-1/2 CUP GF CRACKERS - 2 ORANGES - 1/2 CUP GF	TORTELLINI SALAD - 6OZ CHILLED BEETS-1/2 CUP GF FRESH ITALIAN BREAD BROWNIE - 1	COLD PLATE: HAM SALAD - 3 OZ GF BROCCOLI SALAD-1/2 C GF LETTUCE, TOMATOES COTTAGE CHEESE-2 OZ BREADSTICK -1 PEACH COBBLER-1/2 CUP	FISH SANDWICH ON A BUN - 5 OZ COLESLAW - 1/2 C GF TARTAR SAUCE - 2TBSP FRENCH FRIES-1/2 C GF LEMON WEDGE - 1 WATERMELON - 1 SL	ROAST BEEF AND SWISS (GF) ON RYE-5 OZ LETTUCE/TOMATO-2OZ APPLESAUCE - 1/2 C GF POTATO CHIPS-1/2 C GF JELLO W/ CREAM-1/2 CUP GF
CC JUICE STICK - 1	PEACHES - 1/2 CUP GF	ORANGES - 1/2 CUP GF	BROWNIE - 1	PEACH COBBLER-1/2 CUP	WATERMELON - 1 SL	JELLO W/ CREAM-1/2 CUP GF

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL

Grilled Cheese, hotdog, hamburger

Sandwiches: sliced ham, turkey, chicken salad, tuna, ham salad, egg salad

DRINKS BELOW ARE OFFERED AT ALL MEALS:

Milk, ice water, coffee, tea and juice.