



MENU - WEEK 1

2022-2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Bacon Maple Syrup GF Oranges GF Juice GF	Eggs Over Medium Wheat Toast Fruit Cup Juice	Scrambled Eggs Hashbrowns Wheat Toast Fruit Cocktail Juice GF	Fluffy Pancakes Berry Topping Bacon Juice	Cheese or Western Omelet GF Toast Yogurt GF Mixed Berries GF Juice GF	Hot or Cold Cereal Cinnamon Bun Fresh Banana GF Juice GF	Fried Egg & Cheese GF Sandwich Pears Juice GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roast Pork Mashed Potatoes w/ Gravy Stuffing Cranberry sauce Pumpkin Pie Pumpkin Pie	Baked Mac and Cheese Stewed Tomatoes Dinner Roll ALT: GRILLED HOTDOG Pudding Parfait Pudding Parfait	Spaghetti Meatballs Tossed Salad GF Garlic Knot Banana Cream Pie Banana Cream Pie	Breaded & Baked Chicken Bkd Sweet Potato GF Corn GF Dinner Roll Peaches GF Peaches GF	Sausage with Peppers and Onions GF Pasta and Beans Dinner Roll Alt: Hotdog Grape Salad GF Grape Salad GF	Shrimp Scampi GF over Pasta Mixed Veg GF Dinner Roll Alt: Macaroni & Cheese Mixed Melon Mixed Melon	Ham GF Scalloped Potatoes Green Beans Corn Bread Strawberry Cruch Bar Strawberry Cruch Bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Salad Wheat bread Vegetable Soup GF Crackers Pickle Tropical Fruit Tropical Fruit	Broccoli Quiche GF Chicken & Rice Soup GF Crackers Creamed Corn Pears GF Pears - GF	Chicken Patty Melt GF on a Bun Lettuce and Tomato Tater Tots GF Oranges GF Oranges GF	Chipped Beef GF on Wheat Toast Beets GF ALT: Chili Apple Crisp Apple Crisp	Grilled Ham & Swiss on Rye Split pea soup GF Crackers Carrot Cake Carrot Cake	Fish Sand on a Bun Roasted Potatoes GF Tartar Sauce GF Lemon GF Chocoalte Chip Cookies Chocolate Chip Cookie	Turkey or Roast Beef & Cheese on Wheat Lettuce & Tomato GF Applesauce GF Potato Chips GF Jello w/whipped Cr GF Jello w/whipped Cr GF

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL

Grilled Cheese, hotdog, hamburger
Sandwiches: sliced ham, turkey, chicken salad, tuna sald

DRINKS BELOW ARE OFFERED AT ALL MEALS:
Milk, ice water, coffee, tea and juice.

Approved as written 10/10/22