

**WEEK 4**

<b>MONDAY (22) September 12</b>	<b>TUESDAY (23) September 13</b>	<b>WEDNESDAY (24) September 14</b>	<b>THURSDAY (25) September 15</b>	<b>FRIDAY (26) September 16</b>	<b>SATURDAY (27) September 17</b>	<b>SUNDAY (28) September 18</b>
<b>BREAKFAST</b>						
Oatmeal Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancake w/ Butter & Syrup Pork Sausage Patty 100% Juice with Vit. C Fruit Bar	Oatmeal Cheese Omelet 100% Juice with Vit. C Fruit Bar	Cream of Wheat French Toast w/ Butter & Syrup Pork Sausage Link 100% Juice with Vit. C Fruit Bar	Oatmeal Boiled Egg Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Cinnamon Roll 100% Juice with Vit. C Fruit Bar
<b>LUNCH</b>						
Chicken & Dumplings Seasoned Broccoli Bread w/ Butter Fruit Crisp	Parmesan Crusted Fish Rice Pilaf Green Beans Strawberries w/ Whipped Topping	Glazed Pork Dinner Roll Sauteed Onions & Peppers Mandarin Oranges	Country Fried Steak Roasted New Potatoes Seasoned Carrots Frosted Chocolate Cake	Cheese Quiche Tossed Salad Breadstick Cheesecake Bar	Grilled Ham Buttered Sweet Potatoes Broccoli Peaches	Herb Baked Fish Buttered Pasta Seasoned Zucchini Blonde Brownies
<b>DINNER</b>						
BBQ Pulled Pork on Bun Baked Beans Coleslaw Watermelon	Chili Cornbread Tossed Salad Frosted Cupcake	Vegetable Soup Chicken Salad Sandwich Chips Fruit Mix	Cheese Enchilada Spanish Rice Black Beans Pineapples	Battered Fish Corn Green Peas Fruit Tart	Minestrone Soup Egg Salad Sandwich Vegetable Pasta Salad Banana Cream Pie	Beef Stew Garden Salad Biscuit Honeyed Pears