

WEEK 4

MONDAY (22) September 4	TUESDAY (23) September 5	WEDNESDAY (24) September 6	THURSDAY (25) September 7	FRIDAY (26) September 8	SATURDAY (27) September 9	SUNDAY (28) September 10
BREAKFAST						
Cream of Wheat Cheese Omelet 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Waffle w/ Butter & Syrup Pork Sausage Patties 100% Juice with Vit. C Fruit Bar	Oatmeal Baked Western Omelet English Muffin 100% Juice with Vit. C Fruit Bar	Cream of Wheat Open Face Egg Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal French Toast w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancake w/ Butter & Syrup Scrambled Eggs 100% Juice with Vit. C Fruit Bar
LUNCH						
Philly Cheesesteak Sandwich Chips Greek Spinach Pasta Salad Fresh Fruits	Chef Salad Three Bean Salad Breadstick Watermelon	Turkey Divan Herbed Rice Dinner Roll Tropical Fruit	Herbed Pork Loin Baked Potato Half Capri Blend Vegetables Chocolate Pudding	Parmesan Crusted Tilapia Black Bean Salsa Brussels Sprouts Lemon Bar	Meatloaf Mashed Potatoes w/ Gravy Mixed Vegetables Cinnamon Pears	Beef Stew Tossed Salad Biscuit Apple Pie
DINNER						
Ham & Cheese Sandwich Relish Plate Chips Mandarin Oranges	Fish Sandwich Buttered Corn Marinated Tomato Salad Ice Cream	Kielbasa Boiled Potatoes Sauerkraut Spiced Peaches	Macaroni & Cheese Broccoli Bread w/ Butter Ambrosia Deluxe	Smothered Chicken Noodles Green Beans Strawberries w/ Whipped Topping	Tomato Soup Grilled Cheese Sandwich Cucumber Onion Salad Brownie	Ham w/ Pineapples Sweet Potatoes Cauliflower Frosted Cake