

WEEK 1

MONDAY (1) November 6	TUESDAY (2) November 7	WEDNESDAY (3) November 8	THURSDAY (4) November 9	FRIDAY (5) November 10	SATURDAY (6) November 11	SUNDAY (7) November 12
BREAKFAST						
Oatmeal Cheese Omelet Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs English Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Pancake w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs & Cheese Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Open Face Egg Sandwich 100% Juice with Vit. C Fruit Bar	Cream of Wheat Boiled Eggs Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Cheese Skillet Eggs Pork Sausage Patty 100% Juice with Vit. C Fruit Bar
LUNCH						
Apple Glazed Chicken White Rice Seasoned Carrots Rocky Road Pudding	Beef Tips Buttered Noodles Cauliflower Strawberries w/ Whipped Topping	Honey Mustard Pork Mashed Potatoes Green Peas Baked Apples	Maple Glazed Ham Sweet Potatoes Buttered Spinach Pineapples	Beef Pot Roast Potatoes & Onions Celery & Carrots German Chocolate Cake	Chicken Jambalaya Tossed Salad Pears	Cranberry Glazed Pork Loin Rice Brussels Sprouts Frosted Marble Cake
DINNER						
Chili with Cheese Garden Salad Cornbread Mandarin Oranges	Baked Tortellini Alfredo Italian Vegetables Dinner Roll Caramel Peach Crisp	Baked Fish in Lemon Butter Herbed Orzo Seasoned Zucchini Brownie	Roast Turkey Bread Stuffing Green Beans Ice Cream	Pizza Marinated Vegetables Garlic Breadstick Fruit Cocktail	Navy Bean Soup Ham & Cheese Sandwich Cucumber Salad Banana Cream Pie	Meatballs w/ Gravy Noodles California Blend Vegetables Cookie

WEEK 2

MONDAY (8) November 13	TUESDAY (9) November 14	WEDNESDAY (10) November 15	THURSDAY (11) November 16	FRIDAY (12) November 17	SATURDAY (13) November 18	SUNDAY (14) November 19
BREAKFAST						
Cream of Wheat Breakfast Burrito 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Danish Pastry 100% Juice with Vit. C Fruit Bar	Cream of Wheat Confetti Eggs Cinnamon Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Open Face Egg Sandwich 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bacon French Toast w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar
LUNCH						
Bacon Wrap Chop Steak Oven Brown Potatoes Green Beans Strawberries w/ Whipped Topping	Chicken & Dumpling Candied Carrots Dinner Roll Ambrosia Deluxe	Meatloaf Mashed Potatoes Spinach with Mushrooms Rainbow Sherbet	Apple Pork Chop Glazed Sweet Potatoes Seasoned Broccoli Pound Cake	Oven Fried Fish Garden Rice Brussels Sprouts Tropical Fruit	Beef & Pasta Casserole Green Beans Breadstick Peach Crisp	Sweet & Sour Meatballs Rice Mix Vegetables Cookie
DINNER						
Cream of Potato Soup Tuna Salad Sandwich Pickled Beets Peanut Butter Chocolate Pie	BBQ Pulled Pork on Bun Corn Potato Salad Red Velvet Cake	Cheese Quesadilla Spanish Rice Refried Beans Spiced Peaches	Swedish Meatballs Buttered Noodles Parslied Cauliflower Fruit Mix	Grilled Chicken on Bun Green Salad Corn Pears	Tortellini Alfredo Seasoned Zucchini Garlic Roll Frosted Cupcake	Fish Sandwich Coleslaw Chips Baked Apples

WEEK 3

MONDAY (15) November 20	TUESDAY (16) November 21	WEDNESDAY (17) November 22	THURSDAY (18) November 23	FRIDAY (19) November 24	SATURDAY (20) November 25	SUNDAY (21) November 26
BREAKFAST						
Oatmeal Pork Sausage Patty Raisin Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs w/ Peppers Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar	Oatmeal Pancake w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs Bacon 100% Juice with Vit. C Fruit Bars	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Patty Waffle w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar
LUNCH						
Beef Stew Cornbread Tossed Salad Tropical Fruit	Polish Sausage Boiled Potatoes Sauerkraut Fruit Cobbler	Roast Beef Macaroni & Cheese Seasoned Carrots Pineapples	Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Dinner Roll Pumpkin Cheesecake	Seasoned Fish Rice Pilaf Broccoli Brownie	Sage Roasted Chicken Corn Mixed Vegetables Mandarin Oranges	Baked Ham Sweet Potatoes Spinach Strawberries w/ Whipped Topping
DINNER						
Marinated Pork Parslied Noodles Brussels Sprouts Spiced Peaches	Cheese Ravioli w/ Marinara Italian Blend Vegetables Garlic Breadstick Fresh Orange Slices	Chicken Enchiladas Cilantro Lime Rice Black Bean Salsa Strawberries & Bananas	Tomato Soup Grilled Cheese Sandwich Cucumber Onion Salad Honeyed Pears	Pizza Tossed Salad Fruit Mix	Navy Bean Soup Tuna Salad Sandwich Chips Peaches	Vegetable Soup Fruit & Cottage Cheese Garden Salad Pound Cake

WEEK 4

MONDAY (22) November 27	TUESDAY (23) November 28	WEDNESDAY (24) November 29	THURSDAY (25) November 30	FRIDAY (26) December 1	SATURDAY (27) December 2	SUNDAY (28) December 3
BREAKFAST						
Cream of Wheat Scrambled Eggs Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Cheese Omelet English Muffin 100% Juice with Vit. C Fruit Bar	Cream of Wheat Confetti Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar	Oatmeal Pancake w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Boiled Eggs Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal English Muffin Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat French Toast w/ Butter & Syrup Bacon 100% Juice with Vit. C Fruit Bar
LUNCH						
Meatloaf Mashed Potatoes Seasoned Peas Frosted Cupcake	Salisbury Steak Noodles Winter Mix Vegetables Apple Pie	Country Ham & Beans Cauliflower Dinner Roll Caramel Sour Cream Cake	Beef Stew Rice Green Salad Fruit Cobbler	Chicken Piccata Wild Rice Blend Green Beans Mandarin Oranges	Pork Roast Whipped Sweet Potatoes Buttered Spinach Brownie	Seasoned Fish Brussels Sprouts Corn Pineapple Upside Down Cake
DINNER						
Polish Sausage Corn Sauerkraut Fruit Cocktail	Macaroni & Cheese Green Beans Breadstick Peaches	Pizza Tossed Salad Banana Pudding	Potato Chowder Deli Meat Sandwich Relish Plate Cookie	Swedish Meatballs Boiled Potatoes Capri Blend Vegetables Pineapples	Tomato Basil Soup Turkey Chef Salad Breadstick Pears	Vegetable Quiche Croissant Fruit Fluff