

WEEK 1

MONDAY (1) September 16	TUESDAY (2) September 17	WEDNESDAY (3) September 18	THURSDAY (4) September 19	FRIDAY (5) September 20	SATURDAY (6) September 21	SUNDAY (7) September 22
BREAKFAST						
Cream of Wheat Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Oatmeal Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Cream of Wheat Muffin Boiled Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Links Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Oatmeal English Muffin Pork Sausage Patties 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Scrambled Eggs and Cheese 100% Juice with Vit. C Fruit Bar
LUNCH						
Bacon Wrapped Chopped Steak Scalloped Potatoes Seasoned Carrots Watermelon	Soft Beef Tacos Spanish Rice Refried Beans Tres Leches Cake	Lasagna Broccoli Breadstick Lemon Bar	Roast Beef Au Gratin Potatoes Seasoned Carrots Pineapples	Spaghetti with Meat Sauce Seasoned Zucchini Garlic Bread Grapes	Chili Cornbread Rainbow Sherbet	Swedish Meatballs Buttered Noodles Mixed Vegetables Chocolate Pudding
DINNER						
Salmon Patty Parsley Noodles Yellow Squash Tropical Fruit	Cheese Ravioli Alfredo Green Peas Bread with Butter Peaches and Cream	Deli Meat Sandwich Crudites Strawberries and Bananas	Kielbasa Corn Sauerkraut Brownie	Battered Fish Baked Potato Wedges Coleslaw Cookies	Egg Salad Sandwich Chips Fresh Vegetables Frosted Cake	Pizza Green Salad Breadstick Mandarin Oranges

WEEK 2

MONDAY (8) September 23	TUESDAY (9) September 24	WEDNESDAY (10) September 25	THURSDAY (11) September 26	FRIDAY (12) September 27	SATURDAY (13) September 28	SUNDAY (14) September 29
BREAKFAST						
Oatmeal Bacon Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Links Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Oatmeal Boiled Eggs Muffin 100% Juice with Vit. C Fruit Bar	Cream of Wheat Confetti Eggs Waffle w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Patties French Toast w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar
LUNCH						
BBQ Pulled Pork on Bun Potato Salad Corn Ice Cream Sandwich	Salisbury Steak Scalloped Potatoes Broccoli Tropical Fruit	Chicken Patty on Bun Relish Plate French Fries Mandarin Oranges	Ham with Pineapples Sweet Potatoes Brussels Sprouts Fruit Pie	Macaroni and Cheese Green Peas Bread and Butter Ice Cream	Sweet and Sour Chicken Rice Vegetable Stir Fry Honey Bun Cake	Chili Cornbread Green Salad Chocolate Chip Cookies
DINNER						
Beef Stew Biscuit Green Beans Diced Peaches	Tuna Salad Sandwich Coleslaw Chips Cheesecake	Vegetable Quiche Garden Salad Dinner Roll Chocolate Pudding	Battered Fish Potato Wedges Cauliflower Diced Pears	Pizza Caesar Salad Breadstick Fruit Salad	Stuffed Pasta Shells Italian Vegetables Dinner Roll Watermelon	Egg Salad Sandwich Crudites Chips Fruit Mix

WEEK 3

MONDAY (15) September 30	TUESDAY (16) October 1	WEDNESDAY (17) October 2	THURSDAY (18) October 3	FRIDAY (19) October 4	SATURDAY (20) October 5	SUNDAY (21) October 6
BREAKFAST						
Cream of Wheat Boiled Eggs Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links Waffle w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Burrito 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Muffin 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancake w/ Butter & Syrup Pork Sausage Patty 100% Juice with Vit. C Fruit Bar
LUNCH						
Sloppy Joe on a Bun Coleslaw Chips Diced Pears	Country Fried Steak Scalloped Potatoes Spinach Pineapples	Oven Fried Chicken Red Potatoes Green Beans Angel Food Cake	Baked Pork Chop Buttered Corn Cauliflower Apple Pie	Salisbury Steak Mashed Potatoes Brussels Sprouts Fruit Cocktail	Sweet and Sour Meatballs Parslied Rice Broccoli Butterscotch Pudding	Kielbasa Boiled Potatoes Green Peas Sugar Cookie
DINNER						
Minestrone Soup Turkey Sandwich Relish Plate Lemon Meringue Pie	Cheese Broccoli Strata Seasoned Carrots Dinner Roll German Chocolate Cake	Tuna Salad Sandwich Crudites Chips Grapes	Macaroni & Cheese Capri Blend Vegetables Bread w/ Butter Fruit Mix	Chef Salad Three Bean Salad Cookies	Cheese Ravioli Mixed Vegetables Breadstick Mandarin Oranges	Beef Stew Cornbread Green Salad Diced Peaches

WEEK 4

MONDAY (22) October 7	TUESDAY (23) October 8	WEDNESDAY (24) October 9	THURSDAY (25) October 10	FRIDAY (26) October 11	SATURDAY (27) October 12	SUNDAY (28) October 13
BREAKFAST						
Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Confetti Eggs Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal French Toast w/ Butter & Syrup Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links Waffle w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar
LUNCH						
Country Fried Steak Corn Seasoned Carrots Fruit Crisp	Italian Sausage Roasted Potatoes Sauteed Onions & Peppers Fruit Mix	Sweet and Sour Pork Stir Fry Vegetables Rice Pineapples	Chicken Alfredo Broccoli Buttered Pasta Frosted Marble Cake	Oven Fried Fish California Blend Vegetables Potato Wedges Spiced Peaches	Herbed Pork Loin Baked Potato Half Green Beans Fruit Cocktail	Beef Stew Tossed Salad Biscuit Apple Pie
DINNER						
Ham & Cheese Sandwich Relish Plate Chips Diced Pears	Roast Beef Sweet Potatoes Seasoned Cauliflower Strawberries	Baked Manicotti Pasta Caesar Salad Breadstick Oatmeal Raisin Cookies	Salisbury Steak Au Gratin Potatoes Spinach Mandarin Oranges	Lasagna Mixed Green Salad Dinner Roll Fresh Fruits	Turkey & Rice Casserole Mixed Vegetables Chocolate Chip Cookies	Egg Salad Sandwich Cucumber and Baby Carrots Chips Strawberry Shortcake