



# WEEKLY MENU DECEMBER 31 – JANUARY 6



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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage Gravy Biscuit Orange Juice Milk	Cream of Rice Soft Fried Eggs Wheat Toast Orange Juice Milk	Oatmeal Cheesy Eggs Wheat Toast Raisins Orange Juice Milk	Grits Pancakes Bacon Orange Juice Milk	Cream of Wheat Scrambled Eggs Hashbrowns Orange Juice Milk	Maple Oat Bran French Toast Sausage Links Fresh Berries Orange Juice Milk	Oatmeal Pigs in a Blanket Orange Juice Milk

**Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):**

- A. Scrambled Eggs    B. Hard Boiled Eggs    C. Over Easy Eggs    D. Over Medium Eggs    E. Hard Fried Eggs    F. Oatmeal  
 G. Egg/Cheese Biscuit    H. Sausage/Egg/Cheese Biscuit    I. White Toast    J. Wheat Toast

**Cereal:** Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

**Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato

**Milk:** 2%, Skim, Chocolate

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Chopped Sirloin Mushrooms/Onions Baked Potato/SC Cheese Cauliflower Blueberry Pie Dinner Roll/Butter Milk	Grilled Pork Chop w/ Gravy Hoppin' John Steamed Broccolini Holiday Dessert Milk  <b>HAPPY NEW YEAR</b>	Chicken Marsala Yukon Mashed Potatoes Vegetable Blend Mandarin Oranges Dinner Roll/Butter Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Pudding Fruit Salad Sour Cream Milk	Turkey Pastrami on Rye w/Swiss Bean/Bacon Soup Potato Salad Fudge Brownie Milk	Spaghetti w/Meatballs Broccoli Garlic Bread Pineapple Tidbits Milk	Salisbury Steak Mashed Potatoes/Gravy Green Beans Cherry Fruit Crisp Milk
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Smoked Sausage/Bun Baked Beans Potato Chips Oatmeal Cookie Milk	Sloppy Joe/Bun Tater Tots Coleslaw Fruited Jell-O Milk	Glazed Ham Mashed Sweet Potatoes Collard Greens Apple Slices w/PB Cornbread Muffin Milk	Philly Cheesesteak/ Hoagie Bun Onion Rings Tomato Herb Salad Chilled Peaches Milk	Beef Chili Cornbread Fresh Strawberries Milk	Salmon Burger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fresh Pear Milk	Stuffed Peppers Tossed Salad Garlic Bread Angel Cake Fluff Milk
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**Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)**

- #1. Beef Hamburger/Bun    #2. Beef Hotdog/Bun    #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)  
 #4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread)    #5. Spaghetti w/Marinara    #6. Spaghetti w/Meat sauce  
 #7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing)    #8. Egg/Cheese Biscuit    #9. Sausage/Egg/Cheese Biscuit  
 #10. Mashed Potatoes with Gravy    #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)  
 #12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)    #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

**\*\*Make Alternate Selections on the Reverse side\*\***

**-HAPPY NEW YEAR FROM YOUR NUTRITION SERVICES DEPT.-**

# WEEKLY MENU    JANUARY 7 - 13

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage/Cheese English Muffin Orange Juice Milk	Cream of Rice Omelet Casserole Coffee Cake Orange Juice Milk	Oatmeal Sausage Links Hashbrowns Raisins Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran Bacon Pancakes Apple Compote Orange Juice Milk	Grits Creamed Beef over Toast Orange Juice Milk	Oatmeal Ham/Cheese Croissant Orange Juice Milk

**Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):**

- A. Scrambled Eggs    B. Hard Boiled Eggs    C. Over Easy Eggs    D. Over Medium Eggs    E. Fried Eggs    F. Oatmeal**  
**G. Egg/Cheese Biscuit    H. Sausage/Egg/Cheese Biscuit    I. White Toast    J. Wheat Toast**

**Cereal:** Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

**Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato

**Milk:** 2%, Skim, Chocolate

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Beef Pot Roast Brown Gravy Roasted Potatoes Creamed Spinach Fruits of the Forest Pie Dinner Roll Milk	Herb Chicken Wild Rice Buttered Corn Cheesecake Dinner Roll/Butter Milk	Wet Burrito Fiesta Rice Lettuce/Tomato Lemon Cookie Sour Cream Milk	Ham and Sausage Pizza Caesar Salad Raspberry Sherbet Milk	Turkey Burger/Bun French Fries Lettuce/Tomato Fruit Cocktail Avocado Topping Dill Pickle Spear Milk	Catfish Po' Boy Shredded Lettuce Sweet Potatoes Roasted Corn Medley Mandarin Oranges Remoulade Sauce Milk	Chili Dog/Bun French Fries Coleslaw Dill Pickle Spear Diced Pears Diced Onions Milk
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Goulash Mixed Vegetables Fresh Melon Bread/Butter Milk	Grilled Cheese Tomato Soup Coleslaw Caramel Applesauce Milk	Shredded BBQ Chicken/Bun Potato Salad Marinated Cucumbers Fruit Cocktail Milk	Parmesan Crusted Fish Potato Wedges Peas/Carrots Sugar Cookie Dinner Roll/Butter Milk	Chicken Salad on Hawaiian Bun Tossed Salad Potato Chips Chocolate Pudding Milk	Beef/Sausage Pasta Bake Roasted Asparagus Ice Cream Milk	Chicken and Dumplings Creamy Cucumber Salad Strawberry Shortcake Milk
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**Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)**

- #1. Beef Hamburger/Bun    #2. Beef Hotdog/Bun    #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**  
**#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread)    #5. Spaghetti w/Marinara    #6. Spaghetti w/Meat sauce**  
**#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing)    #8. Egg/Cheese Biscuit    #9. Sausage/Egg/Cheese Biscuit**  
**#10. Mashed Potatoes with Gravy    #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)**  
**#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)    #13. Peanut Butter and Jelly Sandwich (White/Wheat bread)**

**\*\*Make Alternate Selections on the Reverse side\*\***

# WEEKLY MENU JANUARY 14 - 20

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Biscuit w/Sausage Gravy Fresh Grapes Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Fresh Banana Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Raisins Orange Juice Milk	Cream of Wheat Roast Beef Hash Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Sausage Patties Orange Juice Milk	Oatmeal Cheddar Omelet Wheat Toast Mixed Melons Orange Juice Milk

**Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items):**

- A. Scrambled Eggs    B. Hard Boiled Eggs    C. Over Easy Eggs    D. Over Medium Eggs    E. Fried Eggs    F. Oatmeal**  
**G. Egg/Cheese Biscuit    H. Sausage/Egg/Cheese Biscuit    I. White Toast    J. Wheat Toast**

**Cereal:** Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

**Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato

**Milk:** 2%, Skim, Chocolate

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Beef Stroganoff Buttered Noodles Caribbean Veg Peach Pie Dinner Roll/Butter Milk	Sauteed Chicken w/ Raspberry Sauce White Rice Key West Veg Citrus Salad Cheddar Biscuit Milk	BBQ Beef/Bun Potato Cheese Soup Tossed Salad Diced Peaches Milk	Lasagna BLT Salad Garlic Bread Orange Sherbet Milk	Pork Steak Home Fries Broccoli Spice Cake Dinner Roll/Butter Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie Milk
Shaved Turkey/Roll Lettuce/Tomato Cauliflower Soup Pineapple Tidbits Milk	Shrimp Scampi Over Pasta Tomato/Zucchini Medley Tapioca Pudding Milk	Cheddarwurst Tator Tots Buttered Peas Chocolate Cake Bread/Butter Milk	Shaved Corned Beef on Rye Bread w/Swiss Potato Chips Coleslaw Mandarin Oranges Milk	Shaved Chicken/Bun Jalapeño Cheese Soup Tossed Salad Fruit Cocktail Milk	Smothered Steak w/ Mush+Onion Smashed Redskins Buttered Corn Jell-O Fruit Parfait Bread/Butter Milk	Beef Stew Tossed Salad Fresh Pineapple Biscuit/Butter Milk

**Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)**

- #1. Beef Hamburger/Bun    #2. Beef Hotdog/Bun    #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**  
**#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread)    #5. Spaghetti w/Marinara    #6. Spaghetti w/Meat sauce**  
**#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing)    #8. Egg/Cheese Biscuit    #9. Sausage/Egg/Cheese Biscuit**  
**#10. Mashed Potatoes with Gravy    #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)**  
**#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)    #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)**

**\*\*Make Alternate Selections on the Reverse side\*\***

# WEEKLY MENU JANUARY 21 - 27

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BREAKFAST

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Scrambled Eggs Sourdough Toast Orange Juice Milk	Cream of Rice Pancakes Bacon Strawberry Sauce Orange Juice Milk	Oatmeal Soft Fried Eggs Wheat Toast Orange Juice Milk	Cream of Wheat Sausage Hashbrown Casserole Fresh Melon Orange Juice Milk	Grits Irish Scramble Wheat Toast Raisins Orange Juice Milk	Maple Oat Bran Cheesy Eggs Sausage Links White Toast Fresh Banana Orange Juice Milk	Oatmeal Egg/Cheese Biscuit Sandwich Orange Juice Milk

**Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):**

- A. Scrambled Eggs    B. Hard Boiled Eggs    C. Over Easy Eggs    D. Over Medium Eggs    E. Fried Eggs    F. Oatmeal**  
**G. Egg/Cheese Biscuit    H. Sausage/Egg/Cheese Biscuit    I. White Toast    J. Wheat Toast**

**Cereal:** Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

**Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato

**Milk:** 2%, Skim, Chocolate

LUNCH

Meatloaf/Gravy Homestyle Potatoes Green Beans Apple Pie Dinner Roll/Butter Milk	Shaved Beef & Swiss on Bun Lettuce & Tomato French Onion Soup Cinnamon Applesauce Milk	Pork Cutlet/Gravy Roasted Redskin Potatoes Northwest Veg. Ambrosia Dinner Roll/Butter Milk	Turkey Sub w/Cheese Lettuce/Tomato Southwest Chicken Soup Apple Crisp Milk	Hamburger on Kaiser Roll Lettuce Leaf Sliced Tomato Sweet Potato Fries Bean Salad Chocolate Cookie Diced Onions Milk	Fried Catfish French Fries Coleslaw Strawberry Cake Dinner Roll/Butter Milk	Corn Dog Macaroni & Cheese Mixed Vegetables Mandarin Oranges Milk
Scalloped Potatoes w/Ham Mixed Vegetables Diced Peaches Cornbread Milk	Spaghetti w/ Meat Sauce Italian Green Beans Garlic Bread Fruit Cocktail Milk	Deluxe Deep-Dish Pizza Caesar Salad Deluxe Fruit Salad Milk	Cabbage Rolls White Rice French Green Beans Diced Pears Bread/Butter Milk	German Style Ribs Sauerkraut and Potatoes Diced Peaches Dinner Roll/Butter Milk	Fried Bologna Sandwich w/Cheese Potato Salad Citrus Fruit Salad Milk	Chicken Alfredo Broccoli Breadstick Fruit Cocktail Milk

**Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)**

- #1. Beef Hamburger/Bun    #2. Beef Hotdog/Bun    #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**  
**#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread)    #5. Spaghetti w/Marinara    #6. Spaghetti w/Meat sauce**  
**#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing)    #8. Egg/Cheese Biscuit    #9. Sausage/Egg/Cheese Biscuit**  
**#10. Mashed Potatoes with Gravy    #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)**  
**#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)    #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)**

**\*\*Make Alternate Selections on the Reverse side\*\***

# WEEKLY MENU JANUARY 28 – FEBRUARY 3

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<b><u>SUNDAY</u></b> Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	<b><u>MONDAY</u></b> Cream of Rice French Toast Sausage Links Raisins Orange Juice Milk	<b><u>TUESDAY</u></b> Oatmeal Potato Pancake Scrambled Eggs Orange Juice Milk	<b><u>WEDNESDAY</u></b> Grits Ham Scramble Wheat Toast Orange Juice Milk	<b><u>THURSDAY</u></b> Cream of Wheat Soft Fried Eggs Sourdough Toast Orange Juice Milk	<b><u>FRIDAY</u></b> Maple Oat Bran Breakfast Yogurt Banana Bread Orange Juice Milk	<b><u>SATURDAY</u></b> Oatmeal Santa Fe Quiche Fresh Melon Orange Juice Milk
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**Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):**

- A. Scrambled Eggs    B. Hard Boiled Eggs    C. Over Easy Eggs    D. Over Medium Eggs    E. Fried Eggs    F. Oatmeal**  
**G. Egg/Cheese Biscuit    H. Sausage/Egg/Cheese Biscuit    I. White Toast    J. Wheat Toast**

**Cereal:** Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

**Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato

**Milk:** 2%, Skim, Chocolate

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Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Banana Cream Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Vegetable Medley Angel Food Cake w/ Strawberry Sauce Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Apple Juice Ice Cream Milk	BBQ Chicken Potatoes/Gravy Corn on the Cob Apple Slices w/ Caramel Biscuit/Butter Milk	Chicken Parmesan w/Marinara Buttered Spaghetti Sicilian Veg Blend Garlic Breadstick Fresh Grapes Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Milk	Sloppy Joe/Bun Tater Tots Mandarin Oranges Milk
Turkey Melt Pasta Salad Pineapple Tidbits Milk	Cajun BBQ Shrimp Cajun Rice Collard Greens Fried Okra Mandarin Oranges Milk	Kielbasa/Bun French Fries Alabama Bean Salad Chilled Diced Pears Milk	Turkey Burger/Bun Lettuce Sliced Tomato Potato Chips Fresh Cabbage Slaw Dreamsicle Salad Milk	Salisbury Steak Mashed Potatoes French Green Beans Chilled Peaches Bread/Butter Milk	Gyro Greek Salad Peanut Butter Cookie Milk	Lasagna Diced Carrots Garlic Bread Diced Pears Milk

**Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)**

- #1. Beef Hamburger/Bun    #2. Beef Hotdog/Bun    #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)**  
**#4. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread)    #5. Spaghetti w/Marinara    #6. Spaghetti w/Meat sauce**  
**#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing)    #8. Egg/Cheese Biscuit    #9. Sausage/Egg/Cheese Biscuit**  
**#10. Mashed Potatoes with Gravy    #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)**  
**#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)    #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)**

**\*\*Make Alternate Selections on the Reverse side\*\***