

MONTHLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 30	December 1	December 2	December 3	December 4	December 5	December 6
Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Cream of Rice French Toast Sausage Links Orange Juice Milk	Oatmeal Scrambled Eggs Hashbrowns Honeydew Orange Juice Milk	Grits Soft Fried Eggs Sourdough Toast Orange Juice Milk	Cream of Wheat Pancakes Bacon Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Oatmeal Biscuit w/Sausage Gravy Banana 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. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Cold Cereal: K1. Cheerios, K2. Rice Krispies,
 K3. Raisin Bran, K4. Bran Flakes, K5. Corn Flakes, K6. Frosted Flakes, K7. Froot Loops, K8. Cinnamon Toast Crunch, K9. Frosted Mini Wheats.
 L. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato M. Milk: Whole, 2%, Skim, Chocolate.

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Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Custard Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Green Beans Pumpkin Roll Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Chilled Peaches Milk	BBQ Chicken Leg Quarter Potatoes/Gravy Buttered Corn Caramel Applesauce Biscuit/Butter Milk	Sliced Pork Loin with Gravy Stuffing Steamed Broccoli Cantaloupe Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Pickle/Diced Onion Milk	Beer Battered Cod Roasted Potatoes Brussel Sprouts Vanilla Pudding Cheddar Biscuit Tartar Sauce Milk
Egg Salad Croissant Potato Soup Pea Salad Fruit Cocktail Milk	Fried Shrimp Steak Fries Coleslaw Mandarin Oranges Cocktail Sauce Milk	Stuffed Peppers Steamed Cauliflower Garlic Bread Pineapple Upside Down Cake Milk	Tuna Noodle Casserole Glazed Carrots Dreamsicle Salad Milk	Deli Roast Beef & Swiss on Wheat Bread Vegetable Soup Fresh Grapes Pickle Spear Milk	Chicken Pot Pie Tossed Salad Fresh Pineapple Milk	Lasagna Steamed Cauliflower 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. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
 #7. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese,
 White/Wheat Bread) #9. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #10. Chicken Noodle or Creamy Tomato Soup (Crackers)
 #11. Mashed Potatoes (with Gravy/Butter) #12. Seasonal Fruit #14. Ice Cream

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 14	December 15	December 16	December 17	December 18	December 19	December 20
Oatmeal Sausage Gravy Biscuit Orange Juice Milk	Cream of Rice Pancakes Bacon Orange Juice Milk	Oatmeal Cheesy Eggs Wheat Toast Orange Juice Milk	Grits Scrambled Eggs Hashbrowns Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran French Toast Sausage Links Cantaloupe Orange Juice Milk	Oatmeal Scrambled Eggs Raisin Toast Banana 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. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Cold Cereal: K1. Cheerios, K2. Rice Krispies,
K3. Raisin Bran, K4. Bran Flakes, K5. Corn Flakes, K6. Frosted Flakes, K7. Froot Loops, K8. Cinnamon Toast Crunch, K9. Frosted Mini Wheats.

L. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

M. Milk: Whole, 2%, Skim, Chocolate.

Chopped Sirloin Mushrooms/Onions Baked Potato/SC Cheese Cauliflower Blueberry Pie Dinner Roll/Butter Milk	Smothered Pork Chop Candied Sweet Potatoes Green Beans Oatmeal Cookie Milk	Chicken Cordon Bleu Yukon Mashed Potatoes Buttered Peas Banana Pudding Dinner Roll/Butter Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Sour Cream & Taco Sauce Spice Cake Milk	Ham & Swiss Sub Shredded Lettuce/Tomato Southwest Chicken Soup Potato Salad Fudge Brownie Milk	Roast Turkey/Gravy Over White Bread Mashed Potatoes Steamed Baby Carrots Peach Crisp Milk	Baked Spaghetti Steamed Broccoli Fresh Pineapple Chunks Garlic Bread Milk
Smoked Sausage/Bun Baked Beans Potato Chips Fresh Fruit Salad Milk	Breaded Fish/Bun Tater Tots Coleslaw Mixed Melon Tartar Sauce Milk	Mongolian Beef Lo Mein Noodles Green Beans Mandarin Oranges Milk	Grilled Chicken/Bun Leaf Lettuce Tomato Slice Onion Rings Diced Peaches Milk	Beef & Bean Chili Cornbread Muffin Fresh Grapes Milk	Baked Garlic Lemon Salmon Rice Pilaf Asparagus Gingersnap Cookie Milk	Chicken Salad/Bun BBQ Chips Tossed Salad Chocolate Pudding 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. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese,
White/Wheat Bread) #9. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #10. Chicken Noodle or Creamy Tomato Soup (Crackers)
#11. Mashed Potatoes (with Gravy/Butter) #12. Seasonal Fruit #14. Ice Cream

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 21	December 22	December 23	December 24	December 25	December 26	December 27
Oatmeal Sausage/Cheese English Muffin Grapes Orange Juice Milk	Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Milk	Oatmeal Sausage Links Hashbrowns Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Bacon Orange Wedges Orange Juice Milk	Grits Scrambled Eggs White Toast Orange Juice Milk	Oatmeal Waffles Sausage Patty Banana 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. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Cold Cereal: K1. Cheerios, K2. Rice Krispies,
 K3. Raisin Bran, K4. Bran Flakes, K5. Corn Flakes, K6. Frosted Flakes, K7. Froot Loops, K8. Cinnamon Toast Crunch, K9. Frosted Mini Wheats.
 L. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato M. Milk: Whole, 2%, Skim, Chocolate.

Beef Pot Roast Brown Gravy Mashed Potatoes Buttered Corn Peanut Butter Pie Milk	Tuscan Herb Chicken Leg Quarter Wild Rice Creamed Spinach Cheesecake Dinner Roll/Butter Milk	Wet Burrito Fiesta Rice Refried Beans Lettuce/Tomato Lemon Cookie Sour Cream Milk	Ham & Sausage or Cheese Pizza Caesar Salad Raspberry Sherbet Milk	Prime Rib Garlic Mashed Potatoes Honey Roasted Carrots Dinner Rolls Pecan Pie Milk  Merry Christmas!	Beer Battered Cod Coleslaw Sweet Potato Puffs Banana Cake with Cream Cheese Frosting Tartar Sauce Milk	Chili Dog/Bun Potato Salad Fresh Plum Diced Onions Milk
Grilled Cheese Tomato Soup Caramel Applesauce Milk	Goulash Mixed Vegetables Citrus Salad Bread/Butter Milk	Kielbasa/Bun Broccoli Cheddar Soup Diced Pears Milk	Meatballs in Gravy Mashed Potatoes Green Beans Diced Peaches Milk	BBQ Chicken Wings Potato Wedges Fresh Corn on the Cob Sugar Cookie Milk	Cheese Ravioli in Marinara Broccoli Mandarin Oranges Garlic Bread Milk	Chicken and Dumplings Steamed Baby Carrots Strawberry Shortcake 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. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
 #7. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese,
 White/Wheat Bread) #9. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #10. Chicken Noodle or Creamy Tomato Soup (Crackers)
 #11. Mashed Potatoes (with Gravy/Butter) #12. Seasonal Fruit #14. Ice Cream

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 28	December 29	December 30	December 31	January 1	January 2	January 3
Oatmeal Biscuit w/Sausage Gravy Strawberries Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Mixed Melons Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Grapes 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 Fresh Banana 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. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Cold Cereal: K1. Cheerios, K2. Rice Krispies,
 K3. Raisin Bran, K4. Bran Flakes, K5. Corn Flakes, K6. Frosted Flakes, K7. Froot Loops, K8. Cinnamon Toast Crunch, K9. Frosted Mini Wheats.
 L. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato M. Milk: Whole, 2%, Skim, Chocolate.

Beef Stroganoff Buttered Noodles Buttered Corn Peach Pie Milk	Sauteed Chicken Yukon Mashed Potatoes/Gravy Green Beans Oatmeal Raisin Cookie Cheddar Biscuit Milk	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Jalapeño Cheese Soup Diced Peaches Milk	Chicken Parmesan w/ Spaghetti and Marinara Sauce Steamed Cauliflower Peanut Butter Cookie Milk	Herbed Crusted Chicken Twice Baked Potatoes Tropical Fruit Salad Garlic Knot Red Velvet Cake Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Tartar Sauce Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
Shaved Deli Turkey w/Cheese on Roll Cauliflower Soup Tossed Salad Pineapple Tidbits Milk	Lemon Pepper Cod Rice Pilaf Roasted Zucchini Butterscotch Pudding Tartar Sauce Milk	Cheddar Wurst/Bun Tator Tots Tossed Salad Diced Pears Milk	Chicken Caesar Dinner Salad Potato Cheese Soup Garlic Breadstick Fruit Cocktail Milk 	Grilled Corned Beef and Swiss on Rye Potato Chips Coleslaw Mandarin Oranges Milk	Smothered Steak Smashed Redskins Buttered Peas Chocolate Cake Bread/Butter Milk	Sliced Deli Ham on Wheat Bread Lentil Soup Fresh Pineapple 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. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
 #7. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese,
 White/Wheat Bread) #9. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #10. Chicken Noodle or Creamy Tomato Soup (Crackers)
 #11. Mashed Potatoes (with Gravy/Butter) #12. Seasonal Fruit #14. Ice Cream