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)

**#3. Grilled Cheese** (American/Swiss Cheese, White/Wheat Bread)

#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** 

**SATURDAY** 

**December 6** 

**Oatmeal** 

Biscuit w/Sausage

Gravy

Banana

**Orange Juice** 

Milk

Beer Battered Cod

**Roasted Potatoes** 

**Brussel Sprouts** 

**Vanilla Pudding** 

**Cheddar Biscuit** 

**Tartar Sauce** 

Milk

Lasagna **Steamed Cauliflower** 

**Garlic Bread** 

**Diced Pears** 

Milk

F. Oatmeal

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
В	December 7	December 8	December 9	December 10	December 11	December 12	December 13
R	Oatmeal	Cream of Rice	Oatmeal	Grits	Cream of Wheat	Maple Oat Bran	Oatmeal
E	Cheese Omelet	Scrambled Eggs	Pancakes	Soft Fried Eggs	French Toast	Farmer Scramble	Egg/Cheese on
A	Wheat Toast	Sourdough Toast	Bacon	Hashbrowns	Sausage Patties	Wheat Toast	English Muffin
K	Orange Juice	Orange Juice	Fresh Grapes	Fresh Cantaloupe	Orange Wedges	Banana	Orange Juice
K	Milk	Milk	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Milk
F.			Milk	Milk	Milk	Milk	
T							
-	<u>Breakfast</u>	Alternates (please no	<u>te that if orders are n</u>	ot made in advance, it	may take up to 15-20 i	minutes to prepare the	<u>se items):</u>
	A. Scram	nbled Eggs B. Hard	d Boiled Eggs C.	Over Easy Eggs D.	Over Medium Eggs	E. Fried Eggs F.	Oatmeal
	G. Cottage Chee	ese H. Fruit Apple/O	range/Banana/Canne	d I. White Toast	J. Wheat Toast K. Cold	Cereal: K1. Cheerios, K	<b>2.</b> Rice Krispies,
	<b>K3.</b> Raisin Bra	an, <b>K4.</b> Bran Flakes, <b>K5</b>	. Corn Flakes, <b>K6.</b> Fros	sted Flakes, <b>K7.</b> Froot Lo	oops, <b>K8.</b> Cinnamon Toa	ast Crunch, <b>K9.</b> Frosted	Mini Wheats.
		L. <u>Juice</u> : Orange, <i>i</i>	Apple, Grape, Cranbei	ry, Prune, Tomato	M. Milk: Whole, 2%	6, Skim, Chocolate.	
L	Fried Chicken	Dry Rub Ribs	Crispy Chicken/Roll	<b>Country Fried Steak</b>	BBQ Pulled Pork	Meatloaf	Wet Burrito
u	Baked Sweet	Macaroni/Cheese	Lettuce Leaf	Mashed Potatoes w/	Scalloped Potatoes	Yukon Mashed	Shredded Lettuce
٦	Potato	Fresh Corn on the	Tomato Slice	<b>Country Gravy</b>	Diced Carrots	Potatoes	& Diced Tomato
N	Green Beans	Cob	Mushroom Soup	<b>Green Beans</b>	Snickerdoodle Cookie	Buttered Peas	Salad
c	Pumpkin Pie	Corn Muffin	Mandarin Oranges	Ambrosia	Biscuit/Butter	Cherry Turnover	Refried Beans
	Dinner Roll/Butter	Cinnamon	Milk	Dinner Roll/Butter	Milk	Dinner Roll/Butter	Fruit Cocktail
Н	Milk	Applesauce		Milk		Milk	Sour Cream
		Milk					Milk
ا	Bratwurst	Sloppy Joe/Bun	Pepperoni/Bacon or	Chili Cheese Dog/Bun	Sweet-Sour Chicken	Popcorn Fish	Beef Stew
S	Home Fries	Tator Tots	Cheese Pizza	Potato Chips	White Rice	Tator Tots	Warm Cinnamon
υ	Baked Beans	Coleslaw	Tossed Salad	Macaroni Salad	Steamed Broccoli	Coleslaw	Apples
	Ice Cream	Diced Peaches	Apple Crisp	Fresh Pineapple	Spring Roll	Lemon Cake	Biscuit/Butter
Р	Bread/Butter	Milk	Milk	Milk	Citrus Salad	Tartar Sauce	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)

Milk

Milk

**#1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese** (American/Swiss Cheese, White/Wheat Bread)

Milk

#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

**SATURDAY** 

**SUNDAY** 

**MONDAY** 

December 14	December 13	December 10	December 17	December 19	December 19	December 20
Oatmeal	Cream of Rice	Oatmeal	Grits	Cream of Wheat	Maple Oat Bran	Oatmeal
Sausage Gravy	Pancakes	Cheesy Eggs	Scrambled Eggs	Soft Fried Eggs	French Toast	Scrambled Eggs
Biscuit	Bacon	Wheat Toast	Hashbrowns	Wheat Toast	Sausage Links	Raisin Toast
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Cantaloupe	Banana
Milk	Milk	Milk	Milk	Milk	Orange Juice	Orange Juice
					Milk	Milk
Breakfast Al	ternates (please not	e that if orders are no	t made in advance, it	may take up to 15-20	minutes to prepare	these items):
A. Scrambled E	ggs B.	Hard Boiled Eggs	C. Over Easy Eggs	D. Over Medium Eg	gs E. Fried Eggs	F. Oatmeal
C. Cattaga Chass	a II Fwyit Amala/O	ongo/Donono/Connoc	L I White Toost	L Mhoot Toost I/ Cold	Corool, V1. Chaorias	V2 Dies Vrienies

**WEDNESDAY** 

**THURSDAY** 

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

December 14 December 15 December 16 December 17

**TUESDAY** 

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

**FRIDAY** 

December 18 December 19 December 20

	Chopped Sirloin	<b>Smothered Pork</b>	Chicken Cordon Bleu	Beef Soft Shell Taco	Ham & Swiss Sub	Roast Turkey/Gravy	Baked Spaghetti
	Mushrooms/Onions	Chop	Yukon Mashed	Lettuce/Tomato	Shredded	Over White Bread	Steamed Broccoli
	Baked Potato/SC	<b>Candied Sweet</b>	Potatoes	Shredded Cheese	Lettuce/Tomato	Mashed Potatoes	Fresh Pineapple
	Cheese Cauliflower	Potatoes	Buttered Peas	Refried Beans	Southwest Chicken	Steamed Baby	Chunks
	Blueberry Pie	<b>Green Beans</b>	Banana Pudding	Spanish Rice	Soup	Carrots	Garlic Bread
	Dinner Roll/Butter	<b>Oatmeal Cookie</b>	Dinner Roll/Butter	Sour Cream &	Potato Salad	Peach Crisp	Milk
	Milk	Milk	Milk	Taco Sauce	Fudge Brownie	Milk	
1				Spice Cake	Milk		
				Milk			
	Smoked	Breaded Fish/Bun	Mongolian Beef	Grilled Chicken/Bun	Beef & Bean Chili	Baked Garlic Lemon	Chicken Salad/Bun
	Sausage/Bun	<b>Tater Tots</b>	Lo Mein Noodles	Leaf Lettuce	Cornbread Muffin	Salmon	BBQ Chips
	<b>Baked Beans</b>	Coleslaw	Green Beans	Tomato Slice	Fresh Grapes	Rice Pilaf	Tossed Salad
	Potato Chips	<b>Mixed Melon</b>	Mandarin Oranges	Onion Rings	Milk	Asparagus	Chocolate Pudding
	Fresh Fruit Salad	<b>Tartar Sauce</b>	Milk	Diced Peaches		Gingersnap Cookie	Milk
	Milk	Milk		Milk		Milk	
-1							

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

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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. <u>Juice</u>: Orange, Apple, Grape, Cranberry, Prune, Tomato

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

-	Beef Pot Roast	Tuscan Herb	Wet Burrito	Ham & Sausage or	Prime Rib	<b>Beer Batted Cod</b>	Chili Dog/Bun
	Brown Gravy	Chicken Leg Quarter	Fiesta Rice	Cheese Pizza	Garlic Mashed	Coleslaw	Potato Salad
	<b>Mashed Potatoes</b>	Wild Rice	Refried Beans	Caesar Salad	Potatoes	<b>Sweet Potato Puffs</b>	Fresh Plum
-	<b>Buttered Corn</b>	Creamed Spinach	Lettuce/Tomato	Raspberry Sherbet	Honey Roasted	<b>Banana Cake with</b>	Diced Onions
-	Peanut Butter Pie	Cheesecake	Lemon Cookie	Milk	Carrots	<b>Cream Cheese</b>	Milk
	Milk	Dinner Roll/Butter	Sour Cream		Dinner Rolls	Frosting	
-		Milk	Milk		Pecan Pie	<b>Tartar Sauce</b>	
					Milk 🚻	Milk	
					Merry Christmas!		
	<b>Grilled Cheese</b>	Goulash	Kielbasa/Bun	Meatballs in Gravy	<b>BBQ Chicken Wings</b>	Cheese Ravioli in	Chicken and
-	Tomato Soup	Mixed Vegetables	Broccoli Cheddar	<b>Mashed Potatoes</b>	Potato Wedges	Marinara	Dumplings
-	<b>Caramel Applesauce</b>	Citrus Salad	Soup	<b>Green Beans</b>	Fresh Corn on the	Broccoli	Steamed Baby
-	Milk	Bread/Butter	Diced Pears	Diced Peaches	Cob	<b>Mandarin Oranges</b>	Carrots
-		Milk	Milk	Milk	Sugar Cookie	Garlic Bread	Strawberry
-					Milk	Milk	Shortcake
ļ							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 December 28	MONDAY December 29	TUESDAY December 30	WEDNESDAY December 31	THURSDAY January 1	FRIDAY January 2	SATURDAY 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
A. Scraml G. Cottage Chee	se H. Fruit Apple/Ora n, K4. Bran Flakes, K5. (	Boiled Eggs C. Ovnge/Banana/Canned	ver Easy Eggs D. O I. White Toast J. d Flakes, K7. Froot Loo	ver Medium Eggs Wheat Toast <u>K. Cold</u>	E. Fried Eggs Cereal: K1. Cheerio st Crunch, K9. Frost	<b>F. Oatmeal</b> s, <b>K2.</b> Rice Krispies,
Beef Stroganoff Buttered Noodles Buttered Corn Peach Pie	Sauteed Chicken Yukon Mashed Potatoes/Gravy Green Beans	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Jalapeño Cheese	Chicken Parmesan w/ Spaghetti and Marinara Sauce Steamed Cauliflower	Herbed Crusted Chicken Twice Baked Potatoes	Popcorn Fish French Fries Coleslaw Warm Cinnamon	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip

Beef Stroganoff	Sauteed Chicken	Cheeseburger/Bun	Chicken Parmesan	Herbed Crusted	Popcorn Fish	Chicken Strips
<b>Buttered Noodles</b>	Yukon Mashed	w/Bacon, Lettuce,	w/ Spaghetti and	Chicken	French Fries	Potato Salad
<b>Buttered Corn</b>	Potatoes/Gravy	Tomato Slice	Marinara Sauce	Twice Baked	Coleslaw	Scalloped Corn
Peach Pie	Green Beans	Jalapeño Cheese	Steamed Cauliflower	Potatoes	Warm Cinnamon	Chocolate Chip
Milk	Oatmeal Raisin	Soup	Peanut Butter	Tropical Fruit Salad	Apples	Cookie
	Cookie	Diced Peaches	Cookie	Garlic Knot	Tartar Sauce	BBQ Sauce
	Cheddar Biscuit	Milk	Milk	Red Velvet Cake	Milk	Milk
	Milk			Milk		
Charred Dali Turker					6 1 161 1	
Shaved Deli Turkey	Lemon Pepper Cod	Cheddar Wurst/Bun	Chicken Caesar	Grilled Corned Beef	Smothered Steak	Sliced Deli Ham on
w/Cheese on Roll	Lemon Pepper Cod Rice Pilaf	Cheddar Wurst/Bun Tator Tots	Chicken Caesar Dinner Salad	Grilled Corned Beef and Swiss on Rye	Smothered Steak Smashed Redskins	Sliced Deli Ham on Wheat Bread
	• •					
w/Cheese on Roll	Rice Pilaf	Tator Tots	Dinner Salad	and Swiss on Rye	Smashed Redskins	Wheat Bread
w/Cheese on Roll Cauliflower Soup	Rice Pilaf Roasted Zucchini	Tator Tots Tossed Salad	Dinner Salad Potato Cheese Soup	and Swiss on Rye Potato Chips	Smashed Redskins Buttered Peas	Wheat Bread Lentil Soup
w/Cheese on Roll Cauliflower Soup Tossed Salad	Rice Pilaf Roasted Zucchini Butterscotch Pudding	Tator Tots Tossed Salad Diced Pears	Dinner Salad Potato Cheese Soup Garlic Breadstick	and Swiss on Rye Potato Chips Coleslaw	Smashed Redskins Buttered Peas Chocolate Cake	Wheat Bread Lentil Soup Fresh Pineapple

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

Ε

**#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)
 #10. Chicken Noodle or Creamy Tomato Soup (Crackers)
 #11. Mashed Potatoes (with Gravy/Butter)
 #12. Seasonal Fruit
 #14. Ice Cream