MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 29	September 30	October 1	October 2	October 3	October 4
Cream of Rice	Oatmeal	Cream of Wheat	Maple Oat Bran	Grits	Oatmeal
Cheese Omelet	Sausage Links	Soft Fried Eggs	Pancakes	Scrambled Eggs	Waffles
Coffee Cake	Hashbrowns	Wheat Toast	Bacon	White Toast	Sausage Patty
Mixed Melon	Orange Juice	Orange Juice	Fresh Orange	Orange Juice	A Banana
Orange Juice	Milk	Milk	Wedges	Milk 🔐	Orange Juice
Milk	~\lambda	13	Orange Juice		Milk
			Milk		
	Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice	September 29 Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Milk September 30 Oatmeal Sausage Links Hashbrowns Orange Juice Milk	Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Cream of Wheat Sausage Links Hashbrowns Orange Juice Milk October 1 Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk Milk	September 29 September 30 October 1 October 2 Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Milk Milk Milk October 2 October 2 Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk Milk Milk Orange Juice Orange Juice Orange Juice Orange Juice Orange Juice Milk Milk Orange Juice Orange Ju	September 29 September 30 October 1 October 2 October 3 Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Milk Milk Milk Orange Juice Orange Juice Milk Orange

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	Tuscan Herb	Wet Burrito	Ham & Sausage or	Hamburger/Bun	Beer Batted Cod	Chili Dog/Bun
Brown Gravy	Chicken Leg Quarter	Fiesta Rice	Cheese Pizza	Lettuce Leaf	Coleslaw	Potato Salad
Mashed Potatoes	Wild Rice	Refried Beans	Caesar Salad	Sliced Tomato	Sweet Potato Puffs	Fresh Plum
Buttered Corn	Creamed Spinach	Lettuce/Tomato	Raspberry Sherbet	French Fries	Banana Cake with	Diced Onions
Peanut Butter Pie	Cheesecake	Lemon Cookie	Milk	Fruit Cocktail	Cream Cheese	Milk
Milk	Dinner Roll/Butter	Sour Cream		Dill Pickle Chips	Frosting	
	Milk	Milk		Milk	Tartar Sauce 🚛	
	V	2			Milk	A AND THE STREET
Grilled Cheese	Goulash	Kielbasa/Bun	Meatballs with	BBQ Chicken Wings	Lasagna	Chicken and
Tomato Soup	Mixed Vegetables	Broccoli Cheddar	Gravy	Potato Wedges	Broccoli	Dumplings
Caramel Applesauce	Citrus Salad	Soup	Mashed Potatoes	Fresh Corn on the	Mandarin Oranges	Steamed Baby
Milk	Bread/Butter	Diced Pears	Green Beans	Cob	Garlic Bread	Carrots
\$	Milk	Milk	Diced Peaches	Sugar Cookie	Milk	Strawberry
			Milk	Milk	Sh	Shortcake
•					2	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**

MVHGR WEEKLY MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 5	October 6	October 7	October 8	October 9	October 10	October 11
Oatmeal	Cream of Rice	Oatmeal	Grits	Cream of Wheat	Maple Oat Bran	Oatmeal
Biscuit w/Sausage	Scrambled Eggs	French Toast	Ham/Cheese Quiche	Roast Beef Hash	Pancakes	Cheddar Omelet
Gravy	Bacon	Sausage Links	Wheat Toast	Wheat Toast	Sausage Patties	Wheat Toast
Strawberries	Wheat Toast	Cinnamon	Raisins	Orange Juice	Orange Juice	Mixed Melons
w/Blueberries	Fresh Banana	Applesauce	Orange Juice	Milk	Milk	Orange Juice
Orange Juice	Orange Juice	Orange Juice	Milk			Milk
Milk	Milk	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

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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. <u>Milk</u>: Whole, 2%, Skim, Chocolate.

Beef Stroganoff	Sauteed Chicken	Cheeseburger/Bun	Chicken Parmesan	Pork Chop	Popcorn Fish	Chicken Strips
Buttered Noodles	Yukon Mashed	w/Bacon, Lettuce,	w/ Spaghetti and	Home Fries	French Fries	Potato Salad
Diced Carrots	Potatoes/Gravy	Tomato Slice	Marinara Sauce	Broccoli	Coleslaw	Scalloped Corn
Peach Pie	Green Beans	Jalapeño Cheese	Steamed Cauliflower	Blueberry Buckle	Warm Cinnamon	Chocolate Chip
Milk	Oatmeal Raisin	Soup	Peanut Butter	Dinner Roll/Butter	Apples	Cookie
	Cookie	Creamy Cucumbers	Cookie	Milk	Milk	BBQ Sauce
	Cheddar Biscuit	Diced Peaches	Milk			Milk
	Milk	Milk				
Shaved Deli Turkey	Citrus Marinated Fish	Cheddar Wurst/Bun	Grilled Corned Beef	Chicken Caesar	Smothered Steak	Sliced Deli Ham on
w/Cheese on Roll	Rice Pilaf	Tator Tots	and Swiss on Rye	Dinner Salad	Smashed Redskins	Wheat Bread
Cauliflower Soup	Roasted Squash	Buttered Peas	Potato Chips	Potato Cheese Soup	Buttered Corn	Lentil Soup
Tossed Salad	Butterscotch Pudding	Chocolate Cake	Coleslaw	Garlic Breadstick	Jell-O Fruit Parfait	Fresh Pineapple
Pineapple Tidbits	Milk	Milk	Mandarin Oranges	Fruit Cocktail	Bread/Butter	Milk
Milk			Milk	Milk	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

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MVHGR WEEKLY MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 12	October 13	October 14	October 15	October 16	October 17	October 18
Oatmeal	Cream of Rice	Grits	Oatmeal	Cream of Wheat	Maple Oat Bran	Oatmeal
Scrambled Eggs	Pancakes	Soft Fried Eggs	Cheese Omelet	French Toast	Cheesy Eggs	Egg/Cheese Biscuit
Wheat Toast	Bacon	Wheat Toast	Wheat Toast	Sausage Links	White Toast	Sandwich
Orange Juice 📆	Orange Juice	Orange Wedges	Orange Juice	Orange Juice	🎀 Fresh Banana	Grapes
Milk 🔬 🥸	Milk	Orange Juice	Milk	Milk 👸	Orange Juice	Orange Juice
58%	6 4	Milk			Milk	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.

Meatloaf/Gravy	Fried Chicken	Spaghetti w/	Sliced Roast Turkey	Hamburger/Bun	Fried Cod Nuggets	Ham Slice
Homestyle	Candied Sweet	Meat Sauce	Gravy	Lettuce Leaf	Crinkle Cut Fries	Macaroni & Cheese
Potatoes	Potato	Diced Carrots	Mashed Potatoes	Sliced Tomato	Coleslaw	Mixed Vegetables
Green Beans	Buttered Corn	Garlic Bread	Steamed Baby	Sweet Potato Fries	Cheddar Biscuit	Mandarin Oranges
Dutch Apple Pie	Chocolate Cookie	Lemon Bar	Carrots	Pickled Beets	Strawberry Cake	Milk
Dinner Roll/Butter	Milk	Milk	Apple Crisp	Orange Sherbet	Lemon Wedge	
Milk			Milk	Diced Onions	Milk	
				Milk		
Scalloped Potatoes	Ham & Swiss Sub	Fish Sandwich	Beef & Bean Chili	BBQ Ribs	Open Face Sliced	Crispy Chicken/Roll
w/Ham	Shredded	Coleslaw	Cornbread Muffin	Baked Beans	Hot Beef on Bread	Leaf Lettuce
Mixed Vegetables	Lettuce/Tomato	Deluxe Fruit Salad	Diced Pears	Buttered Corn	with Mashed	Tomato Slice
Diced Peaches	Southwest Chicken	Milk	Milk	Diced Peaches	Potatoes & Gravy	French Onion Soup
Cornbread	Soup		NA CONTRACTOR	Dinner Roll/Butter	Citrus Fruit Salad	Fresh Pineapple
Milk	Diced Cantaloupe		TO A	Milk	Milk	Milk
	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. Gri

#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**

В	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
R E A K F A S T	October 19 Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	October 20 Cream of Rice French Toast Sausage Links Orange Juice Milk	October 21 Oatmeal Scrambled Eggs Hashbrowns Banana Orange Juice Milk	October 22 Grits Soft Fried Eggs Sourdough Toast Orange Juice Milk	October 23 Cream of Wheat Pancakes Bacon Orange Juice Milk	October 24 Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	October 25 Oatmeal Biscuit w/Sausage Gravy Fresh Melon Orange Juice Milk
L U	A. Scram G. Cottage Chee	bled Eggs B. Hard se H. Fruit Apple/O n, K4. Bran Flakes, K5 .	d Boiled Eggs Crange/Banana/Canne	ed I. White Toast osted Flakes, K7. Froot	D. Over Medium Eggs J. Wheat Toast K. Co Loops, K8. Cinnamon T	E. Fried Eggs old Cereal: K1. Cheeric	F. Oatmeal os, K2. Rice Krispies,
N C H	Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Banana Cream Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Green Beans Angel Food Cake w/ Strawberry Sauce Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Ice Cream Milk	BBQ Chicken Leg Quarter Potatoes/Gravy Buttered Corn Caramel Applesauce Biscuit/Butter Milk	Sliced Pork Loin with Gravy Yukon Mashed Potatoes Steamed Broccoli Ambrosia Dinner Roll/Butter 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 Milk
U P P E R	Egg Salad Croissant Potato Soup Pea Salad Fruit Cocktail Milk	Popcorn Fish Tator Tots Coleslaw Mandarin Oranges Tartar Sauce Milk	Stuffed Peppers Steamed Cauliflower Garlic Bread Pineapple Upside Down Cake Milk	Tuna Noodle Casserole Glazed Carrots Dreamsicle Salad Milk rs are not made in adv	Deli Roast Beef & Swiss Sandwich Vegetable Soup Chilled Peaches Pickle Spear Milk	Sliced Roast Turkey in Gravy Over White Bread Stuffing Buttered Peas Fresh Pineapple Milk	Lasagna Steamed Cauliflower Garlic Bread Diced Pears Milk

#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)

MVHGR WEEKLY MENU

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
3	October 26	October 27	October 28	October 29	October 30	October 31	November 1		
₹	Oatmeal	Cream of Rice	Oatmeal	Grits	Cream of Wheat	Maple Oat Bran	Oatmeal		
:	Cheese Omelet	Scrambled Eggs	Pancakes	Soft Fried Eggs	French Toast	Farmer Scramble	Egg/Cheese on		
١	Wheat Toast	Sourdough Toast	Bacon	Hashbrowns	Sausage Patties	Wheat Toast	English Muffin		
•	Orange Juice	Orange Juice	Fresh Grapes	Fresh Cantaloupe	Fresh Orange Wedges	Banana	Orange Juice		
	Milk	Milk	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Milk		
`			Milk	Milk	Milk	- A			
•						Milk			
١.	Purelifort Alternates (places note that if and on one not made in advance it most take up to 45, 20 minutes to manage these items).								

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

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. <u>Milk</u>: Whole, 2%, Skim, Chocolate.

. [Fried Chicken	BBQ Ribs	Crispy Chicken/Roll	Country Fried Steak	BBQ Pulled Pork	Meatloaf	Wet Burrito
וי	Baked Sweet	Macaroni/Cheese	Lettuce Leaf	Mashed Potatoes w/	Scalloped Potatoes	Yukon Mashed	Shredded Lettuce
v	Potato	Fresh Corn on the	Tomato Slice	Country Gravy	Diced Carrots	Potatoes 😯	& Diced Tomato
	Green Beans	Cob	Mushroom Soup	Green Beans	Snickerdoodle Cookie	Buttered Peas 🔀	Salad
2	Chocolate Cream	Corn Muffin	Mandarin Oranges	Pudding Parfait	Biscuit/Butter	Cherry Turnover	Refried Beans
4	Pie	Cinnamon	Milk	Dinner Roll/Butter	Milk	Dinner Roll/Butter	Fruit Cocktail
	Dinner Roll/Butter	Applesauce		Milk		Milk	Sour Cream
	Milk	Milk				HAPPY HALLOWEEN	Milk
	Bratwurst	Sloppy Joe/Bun	Pepperoni/Bacon or	Chili Cheese Dog/Bun	Sweet-Sour Chicken	Fried Shrimp	Beef Stew
٥ ا	Home Fries	Tator Tots	Cheese Pizza	Potato Chips	White Rice	🐞 Steak Fries	Warm Cinnamon
J	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
2	Bread/Butter	Milk	Milk	Milk	Citrus Salad	Garlic Breadstick	Milk
P	Milk				Milk	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)
 #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**