

MVHGR WEEKLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 28	September 29	September 30	October 1	October 2	October 3	October 4
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 Fresh 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	Hamburger/Bun Lettuce Leaf Sliced Tomato French Fries Fruit Cocktail Dill Pickle Chips Milk	Beer Batted 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 with Gravy Mashed Potatoes Green Beans Diced Peaches Milk	BBQ Chicken Wings Potato Wedges Fresh Corn on the Cob Sugar Cookie Milk	Lasagna 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

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

2025

MVHGR WEEKLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 12	October 13	October 14	October 15	October 16	October 17	October 18
Oatmeal Scrambled Eggs Wheat Toast Orange Juice Milk	Cream of Rice Pancakes Bacon Orange Juice Milk	Grits Soft Fried Eggs Wheat Toast Orange Wedges Orange Juice Milk	Oatmeal Cheese Omelet Wheat Toast Orange Juice Milk	Cream of Wheat French Toast Sausage Links Orange Juice Milk	Maple Oat Bran Cheesy Eggs White Toast Fresh Banana Orange Juice Milk	Oatmeal Egg/Cheese Biscuit Sandwich Grapes 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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Meatloaf/Gravy Homestyle Potatoes Green Beans Dutch Apple Pie Dinner Roll/Butter Milk	Fried Chicken Candied Sweet Potato Buttered Corn Chocolate Cookie Milk	Spaghetti w/ Meat Sauce Diced Carrots Garlic Bread Lemon Bar Milk	Sliced Roast Turkey Gravy Mashed Potatoes Steamed Baby Carrots Apple Crisp Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato Sweet Potato Fries Pickled Beets Orange Sherbet Diced Onions Milk	Fried Cod Nuggets Crinkle Cut Fries Coleslaw Cheddar Biscuit Strawberry Cake Lemon Wedge Milk	Ham Slice Macaroni & Cheese Mixed Vegetables Mandarin Oranges Milk
Scalloped Potatoes w/Ham Mixed Vegetables Diced Peaches Cornbread Milk	Ham & Swiss Sub Shredded Lettuce/Tomato Southwest Chicken Soup Diced Cantaloupe Milk	Fish Sandwich Coleslaw Deluxe Fruit Salad Milk	Beef & Bean Chili Cornbread Muffin Diced Pears Milk	BBQ Ribs Baked Beans Buttered Corn Diced Peaches Dinner Roll/Butter Milk	Open Face Sliced Hot Beef on Bread with Mashed Potatoes & Gravy Citrus Fruit Salad Milk	Crispy Chicken/Roll Leaf Lettuce Tomato Slice French Onion 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

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

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MVHGR WEEKLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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



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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. 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 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
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	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

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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. 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)

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

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MVHGR WEEKLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 26	October 27	October 28	October 29	October 30	October 31	November 1
Oatmeal Cheese Omelet Wheat Toast Orange Juice Milk	Cream of Rice Scrambled Eggs Sourdough Toast Orange Juice Milk	Oatmeal Pancakes Bacon Fresh Grapes Orange Juice Milk	Grits Soft Fried Eggs Hashbrowns Fresh Cantaloupe Orange Juice Milk	Cream of Wheat French Toast Sausage Patties Fresh Orange Wedges Orange Juice Milk	Maple Oat Bran Farmer Scramble Wheat Toast Banana Orange Juice Milk 	Oatmeal Egg/Cheese on English Muffin 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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Fried Chicken Baked Sweet Potato Green Beans Chocolate Cream Pie Dinner Roll/Butter Milk	BBQ Ribs Macaroni/Cheese Fresh Corn on the Cob Corn Muffin Cinnamon Applesauce Milk	Crispy Chicken/Roll Lettuce Leaf Tomato Slice Mushroom Soup Mandarin Oranges Milk	Country Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Pudding Parfait Dinner Roll/Butter Milk	BBQ Pulled Pork Scalloped Potatoes Diced Carrots Snickerdoodle Cookie Biscuit/Butter Milk	Meatloaf Yukon Mashed Potatoes  Buttered Peas Cherry Turnover Dinner Roll/Butter Milk HAPPY HALLOWEEN	Wet Burrito Shredded Lettuce & Diced Tomato Salad Refried Beans Fruit Cocktail Sour Cream Milk
Bratwurst Home Fries Baked Beans Ice Cream Bread/Butter Milk	Sloppy Joe/Bun Tator Tots Coleslaw Diced Peaches Milk	Pepperoni/Bacon or Cheese Pizza Tossed Salad Apple Crisp Milk	Chili Cheese Dog/Bun Potato Chips Macaroni Salad Fresh Pineapple Milk	Sweet-Sour Chicken White Rice Steamed Broccoli Spring Roll Citrus Salad Milk	 Fried Shrimp Steak Fries Coleslaw Lemon Cake Garlic Breadstick Milk 	Beef Stew Warm Cinnamon Apples 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. 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****

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