

MONTHLY MENU

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 28	June 29	June 30	July 1	July 2	July 3	July 4 
Oatmeal Scrambled Eggs Wheat Toast Orange Juice Milk	Cream of Rice French Toast Bacon Orange Juice Milk	Grits Soft Fried Eggs Wheat Toast Orange Wedges Orange Juice Milk	Oatmeal Cheese Omelet Cranberry Orange Scone Orange Juice Milk	Cream of Wheat Pancakes Sausage Links Orange Juice Milk	Maple Oat Bran Breakfast Lasagna White Toast 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. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes**

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate

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Meatloaf/Gravy Mashed Potatoes Green Beans Dutch Apple Pie Dinner Roll/Butter Milk	Fried Chicken Candied Sweet Potato Fresh Corn on the Cob Biscuit/Butter Chocolate Cookie Milk	Spaghetti w/ Meat Sauce Diced Carrots Garlic Bread Lemon Bar Milk	Sliced Roast Turkey on Sub Bun Lettuce/Tomato Potato Salad Creamy Cucumber Salad Cherry Crisp Milk	BBQ Ribs Baked Beans Buttered Corn Diced Peaches Milk	Fried Cod Nuggets Crinkle Cut Fries Coleslaw Cheddar Biscuit Yellow Cake w/ Chocolate Frosting Tartar Sauce Milk	Prime Rib Baked Potatoes Fresh Corn of the Corn Dark Chocolate Dinner Roll Milk <i>Holiday Meal</i>
Honey-Dijon Chicken Breast Rice Pilaf Mixed Vegetables Diced Peaches Milk	Breaded Fish/Bun Coleslaw Deluxe Fruit Salad Tartar Sauce Milk	Pork & Mushroom Stir Fry Fried Rice Broccoli Diced Cantaloupe Milk	Chicken Florentine Buttered Noodles Peas Diced Pears Bread/Butter Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato Sweet Potato Fries Pickled Beets Orange Sherbet Diced Onion Milk	Danish Meatballs Yukon Mashed Potatoes Green Beans with Bacon Citrus Fruit Salad Milk	Crispy Chicken/Roll Leaf Lettuce Tomato Slice Greek Salad Fresh Pineapple 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. Sloppy Joe/Bun
#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream**

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 5	July 6	July 7	July 8	July 9	July 10	July 11
Oatmeal Sausage Veggie & Egg Casserole Fruit Danish 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 Lemon Poppy Seed Muffin Orange Juice Milk	Cream of Wheat French Toast Sausage Patties Orange Juice Milk	Maple Oat Bran Corned Beef Hash Wheat Toast Banana Orange Juice Milk	Oatmeal Egg/Cheese on English Muffin Fresh Strawberries 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. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. **Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato **Milk:** Whole, 2%, Skim, Chocolate

Chopped Sirloin Mushrooms/Onions Baked Potato/SC Roasted Squash/Zucchini Blueberry Pie Milk	Dry Rub Ribs Macaroni/Cheese Buttered Corn Cinnamon Applesauce Milk	Grilled Chicken/Bun Leaf Lettuce Tomato Slice Onion Rings Diced Peaches Milk	Pastrami & Swiss on Rye Bread Mustard Potato Salad Mandarin Oranges Milk	BBQ Pulled Pork/Bun Scalloped Potatoes Diced Carrots Snickerdoodle Cookie Milk	Meatloaf Yukon Mashed Potatoes Buttered Peas Cherry Turnover Biscuit/Butter Milk	Pork Carnitas Quesadilla Cowboy Caviar Tortilla Chips Sour Cream Fruit Cocktail Milk
Bratwurst/Bun Home Fries Broccoli Salad Ice Cream 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	Chicken Caesar Salad Broccoli Cheddar Soup Dinner Roll/Butter Watermelon Slice Milk	Popcorn Fish Tator Tots Coleslaw Lemon Cake Tartar Sauce Milk	Chicken & Sausage Gumbo White Rice Hush Puppies Green Beans 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. Sloppy Joe/Bun

#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)

#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 12	July 13	July 14	July 15	July 16	July 17	July 18
Oatmeal Sausage Gravy Biscuit Orange Juice Honeydew Milk	Cream of Rice Pancakes Bacon Orange Juice Milk	Oatmeal Asparagus & Mushroom Quiche Blueberry Muffin 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 Cheesy 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. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes
L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate

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Fried Chicken Baked Sweet Potato Green Beans Berry Crisp Dinner Roll/Butter Milk	Lemon Pepper Chicken Wings Tossed Salad Diced Pears Biscuit/Butter Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Spice Cake Sour Cream & Taco Sauce Milk	Chicken Cordon Bleu Yukon Mashed Potatoes Buttered Peas Banana Pudding Dinner Roll/Butter Milk	Ham & Swiss Sub Shredded Lettuce/Tomato Potato Salad Fudge Brownie Milk	Turkey Club Sandwich BBQ Chips Creamy Cucumber Salad Peach Crisp Milk	Beef Tamale Pie Mexican Street Corn Charro Beans Fresh Pineapple Chunks Milk
Italian Sausage/Bun w/Pepper & Onions Fire Roasted Penne Salad Fresh Fruit Salad Milk	Breaded Fish/Bun Coleslaw Mixed Melon Tartar Sauce Milk	Mongolian Beef Lo Mein Noodles Steamed Broccoli Mandarin Oranges Milk	Crispy Chicken/Roll Lettuce Leaf Tomato Slice Creamy Cucumber Salad Diced Pears Milk	Ocean Perch French Fries Caesar Salad Fresh Grapes Tartar Sauce Lemon Wedge Milk	Baked Garlic Lemon Salmon Rice Pilaf Asparagus Orange Wedges Milk	Chicken Salad/Bun BBQ Chips Tossed Salad Chocolate Pudding 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. Sloppy Joe/Bun
#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 19	July 20	July 21	July 22	July 23	July 24	July 25
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 Garden Vegetable Frittata Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Bacon Orange Wedges Orange Juice Milk	Grits Scrambled Eggs Morning Glory Muffin 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. Hard Fried Eggs F. Oatmeal
 G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes
L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate

Beef Pot Roast Brown Gravy Mashed Potatoes Buttered Corn Peanut Butter Pie Milk	Jerk Chicken Leg Quarter Wild Rice Creamed Spinach Cheesecake Dinner Roll/Butter Milk	Beef Quesadilla Fiesta Rice Refried Beans Lettuce/Tomato Lemon Cookie Sour Cream Milk	Supreme or Cheese Pizza Caesar Salad Fruit Cocktail Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato French Fries Raspberry Sherbet Dill Pickle Chips Milk	Beer Batted Cod Baked Sweet Potato Coleslaw Banana Cake with Cream Cheese Frosting Tartar Sauce Milk	Chili Dog/Bun Potato Salad Watermelon Chunks Diced Onions Milk
3 Cheese & Bacon Grilled Cheese Tomato-Basil Soup Caramel Applesauce Milk	Goulash Mixed Vegetables Citrus Salad Bread/Butter Milk	Sloppy Joes on a Bun Broccoli Cheddar Soup Diced Pears Milk	Asian Glazed Meatballs Fried Rice Braised Bok Choy Diced Peaches Milk	BBQ Chicken Wings Potato Wedges Fresh Corn on the Cob Fresh Pineapple Milk	White Cheese Chicken Lasagna Broccoli Mandarin Oranges Garlic Bread Milk	Steak Fajita w/Peppers & Onions Baja Corn Churros Sour Cream Taco 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)

#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. Sloppy Joe/Bun
 #8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
 #12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 26	July 27	July 28	July 29	July 30	July 31	August 1
Oatmeal Biscuit w/Sausage Gravy Strawberries Orange Juice Milk	Cream of Rice Breakfast Pizza White Toast Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Broccoli-Cheddar Quiche Wheat Toast 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. Hard Fried Eggs F. Oatmeal

G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate.

Roast Pork Tenderloin Redskin Mashed Potatoes Roasted Brussels Sprouts Key Lime Pie Milk	Veggie Smothered Chicken Yukon Mashed Potatoes/Gravy Green Beans Oatmeal Raisin Cookie Milk	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Carrot Raisin Salad Diced Peaches Milk	Chicken Piccata Tuscan Roast Potatoes Steamed Asparagus Peanut Butter Cookie Milk	Carolina-Style Pulled Pork Home Fries Broccoli Red Velvet Roll Dinner Roll/Butter Milk	Fish Taco Tortilla Chips Cole Slaw Black Bean & Mango Salsa Chocolate Chip Blondie Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
Shaved Deli Turkey w/Cheese on Roll Cauliflower Soup Pineapple Tidbits Milk	Cheddar Wurst/Bun Potato Chips Tossed Salad Diced Pears Milk	Lemon Pepper Cod Rice Pilaf Roasted Zucchini Butterscotch Pudding Tartar Sauce Milk	Grilled Corned Beef and Swiss Reuben German Potato Salad Coleslaw Mandarin Oranges Milk	Roasted Salmon Pickled Beets Strawberry Spinach Salad Watermelon Chunks Milk	Chicken Caesar Dinner Salad Potato Cheese Soup Fruit cocktail Milk	Philly Cheesesteak on Sub Bun Sweet Potato Tots 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. Sloppy Joe/Bun

#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)

#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream