

BREAKFAST

LUNCH

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

SUPPER

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

BREAKFAST

LUNCH

SUPPER

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)

#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

MONTHLY MENU – MVH GRAND RAPIDS

	SUNDAY August 16	MONDAY August 17	TUESDAY August 18	WEDNESDAY August 19	THURSDAY August 20	FRIDAY August 21	SATURDAY August 22
B R E A K F A S T	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						
L U N C H	Chopped Sirloin Mushrooms/ Onions Baked Potato/SC Roasted Squash/Zucchini Blueberry Pie Milk	Lemon Pepper Chicken Wings Tossed Salad Cinnamon Applesauce Biscuit/Butter Milk	Grilled Chicken/Bun Leaf Lettuce Tomato Slice Onion Rings Diced Pears 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
S U P P E R	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						

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

MONTHLY MENU – MVH GRAND RAPIDS

	SUNDAY August 23	MONDAY August 24	TUESDAY August 25	WEDNESDAY August 26	THURSDAY August 27	FRIDAY August 28	SATURDAY August 29
B R E A K F A S T	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
	<u>Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):</u> 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						
L U N C H	Fried Chicken Candied Sweet Potatoes Steamed Cauliflower Berry Crisp Dinner Roll/Butter Milk	Dry Rub Ribs Macaroni/Cheese Buttered Corn Diced Pears 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
S U P P E R	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 Rotini Pasta Salad Diced Peaches 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 Potato Chips Tossed Salad Chocolate Pudding Milk
	<u>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)</u> #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****