

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
August 30		August 31		September 1		September 2		September 3		September 4		September 5	
B R E A K F A S T	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												
L U N C H	Bee Pot Roast Brown Gravy Mashed Potatoes Green Beans Peanut Butter Pie Milk	Jerk Chicken Leg Quarter Wild Rice Creamed Spinach Cheesecake Dinner Roll/Butter Milk	Bee 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 Battered Cod Baked Sweet Potato Coleslaw Banana Cake with Cream Cheese Frosting Tartar Sauce Milk	Chili Dog/Bun Potato Salad Watermelon Chunks Diced Onions Milk						
S U P P E R	3-Cheese & Bacon Grilled Cheese Tomato-Basil Soup Caramel Applesauce Milk	Goulash Mixed Vegetables Citrus Salad Bread/Butter Milk	Sloppy Joe/Bun Broccoli Cheddar Soup Diced Pears Milk	Asian Glazed Meatballs Fried Rice Braised Bok Choy Diced Peaches Milk	BBQ Chicken Wings Roasted Redskin Potatoes Baked Beans 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													
Make Alternate Selections on the Reverse side													

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
September 6		September 7		September 8		September 9		September 10		September 11		September 12	
B R E A K F A S T	Oatmeal Sausage Gravy Biscuit Strawberries Orange Juice Milk	Cream of Rice Breakfast Pizza Grapes 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												
L U N C H	Roast Pork Tenderloin Redskin Mashed Potatoes Roasted Brussels Sprouts Key Lime Pie Milk	Grilled Ribeye Steak Au Gratin Potatoes Grilled Asparagus Dinner Roll/Butter Cherry Cheesecake Milk	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Three Bean 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						
S U P P E R	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 Steamed Carrots 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													

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	September 13	September 14	September 15	September 16	September 17	September 18	September 19
B R E A K F A S T	Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Cream of Rice French Toast Sausage Links Fresh Fruit Salad Orange Juice Milk	Oatmeal Cheesy Eggs Hashbrowns Blueberry Muffin Orange Juice Milk	Grits Soft Fried Eggs Sourdough Toast Orange Juice Milk	Cream of Wheat Pancakes Bacon Honey Dew Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Oatmeal Sausage Gravy Biscuit 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	Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Strawberry- Rhubarb Pie Dinner Roll/Butter Milk	Chicken Vegetable Tortellini Blueberry Spinach Balsamic Salad Blueberry Crumble Bars Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Chilled Peaches Milk	Lemon Herbed Chicken Leg Quarter Potatoes/Gravy Green Beans Caramel Applesauce Biscuit/Butter Milk	Sloppy Joe/Bun Sun Chips Baked Beans Potato Salad Sugar Cookie Pickle Chips Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Pickle/Diced Onion Milk	Flounder Fillets Roasted Potatoes Brussel Sprouts Vanilla Pudding Tartar Sauce Milk
S U P P E R	Cherry Chicken Salad Croissant Pea Salad Fruit Cocktail Milk	Fried Shrimp Steak Fries Coleslaw Mandarin Oranges Cocktail Sauce Milk	Cuban Pork Black Beans & Rice Baja Corn Fresh Watermelon Bread/Butter Milk	Beef Pasta Bake Broccoli Garlic Bread Custard Pie Milk	Deli Roast Beef & Swiss/Wheat Bread Potato Chips Fresh Grapes Pickle Spear Milk	Chicken Pot Pie Tossed Salad Fresh Pineapple Bread/Butter Milk	Lasagna Steamed Cauliflower Garlic Breadstick Diced Pears 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						

MONTHLY MENU – MVH GRAND RAPIDS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	September 20	September 21	September 22	September 23	September 24	September 25	September 26
B R E A K F A S T	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						
L U N C H	Meatloaf/Gravy Mashed Potatoes Green Beans Dutch Apple Pie Dinner Roll/Butter Milk	Fried Chicken Candied Sweet Potato Fresh Corn on the Cob Chocolate Cookie Biscuit/Butter Milk	Spaghetti w/ Meat Sauce Diced Carrots Lemon Bar Garlic Bread Milk	Sliced Roast Turkey on Sub Bun Shred Lettuce/Tomato Potato Salad Creamy Cucumber Salad Cherry Crisp Milk	BBQ Ribs Baked Beans Buttered Corn Honeydew Milk	Fried Cod Nuggets Crinkle Cut Fries Coleslaw Yellow Cake w/ Chocolate Frosting Cheddar Biscuit Tartar Sauce Milk	Chicken Tamales Pork & Hominy Soup Mixed Vegetables Mandarin Oranges Milk
	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 Tomato Slice 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 Lettuce Tomato Slice Greek Salad Fresh Pineapple Milk
S U P P E R	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						