MONTHLY MENU – MVH GRAND RAPIDS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	November 1	November 2	November 3	November 4	November 5	November 6	November 7
BREAKFAST	Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Oatmeal French Toast Sausage Links Fresh Strawberries Orange Juice Milk	Cream of Rice Scrambled Eggs Hashbrowns Blueberry Muffin Orange Juice Milk	Grits Soft Fried Eggs Sourdough Toast Orange Juice Milk	Oatmeal Pancakes Bacon Banana Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Cream of Wheat Biscuit w/Sausage Gravy 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						
LUNCH	Pot Roast Baby Potatoes Baby Carrots Brown Gravy Blueberry Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Green Beans Pumpkin Bar Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Potato Salad Chilled Peaches Milk	BBQ Chicken Leg Quarter Potatoes/Gravy Buttered Corn Caramel Applesauce Biscuit/Butter Milk	Sliced Pork Loin with Gravy Stuffing Steamed Broccoli Cantaloupe 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 Tartar Sauce Milk
SUPPER	Egg Salad Croissant Potato Soup Pea Salad Fruit Cocktail Milk	Fried Shrimp Steak Fries Coleslaw Mandarin Oranges Cheddar Biscuit Cocktail 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 on Wheat Bread Vegetable Soup Fresh Grapes Pickle Spear Milk	Chicken Pot Pie Tossed Salad Fresh Pineapple Dinner Roll/Butter Milk	Lasagna Steamed Cauliflower Garlic Bread 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						

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

MONTHLY MENU – MVH GRAND RAPIDS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	November 8	November 9	November 10	November 11	November 12	November 13	November 14
BREAKFAST	Oatmeal Cheese Omelet Wheat Toast Orange Wedges 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	Oatmeal French Toast Sausage Patties Orange Juice Milk	Maple Oat Bran Farmer Scramble Wheat Toast Banana Orange Juice Milk	Cream of Wheat Egg/Cheese on English Muffin Diced Pears Orange Juice Milk
LUNCH	Fried Chicken Baked Sweet Potato Green Beans Pumpkin Pie Dinner Roll/Butter Milk	Dry Rub Ribs Macaroni/Cheese Buttered Corn Cinnamon Applesauce Milk	Crispy Chicken/Roll Lettuce Leaf Tomato Slice Potato Salad Mushroom Soup Mandarin Oranges Milk	Ribeye Steak Baked Sweet Potatoes Green Bean Casserole Honey Butter Cornbread Caramel Apple Pie 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	Wet Burrito Shredded Lettuce & Diced Tomato Salad Refried Beans Fruit Cocktail Sour Cream Milk
SUPPER	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	Popcorn Fish Tator Tots Coleslaw Lemon Cake Tartar Sauce Milk	Beef Stew Warm Cinnamon Apples Biscuit/Butter 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

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
	November 15	November 16	November 17	November 18	November 19	November 20	November 21
BREAKFAST	Oatmeal Sausage Gravy Biscuit Orange Juice Milk	Oatmeal Pancakes Bacon Orange Juice Milk	Cream of Rice Cheesy Eggs Wheat Toast Orange Juice Milk	Grits Scrambled Eggs Hashbrowns Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Oatmeal French Toast Sausage Links Cantaloupe Orange Juice Milk	Maple Oat Bran Scrambled 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						
LUNCH	Chopped Sirloin Mushrooms & Onions Baked Potato/SC Cheese Cauliflower Caramel Apple Pie Dinner Roll/Butter Milk	Smothered Pork Chop Candied Sweet Potatoes Green Beans Oatmeal Cookie Milk	Chicken Cordon Bleu Yukon Mashed Potatoes Buttered Peas Banana Pudding Dinner Roll/Butter Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Sour Cream & Taco Sauce Spice Cake Milk	Ham & Swiss Sub Shredded Lettuce/Tomato Southwest Chicken Soup Potato Salad Fudge Brownie Milk	Roast Turkey/Gravy Over White Bread Mashed Potatoes Steamed Baby Carrots Peach Crisp Milk	Baked Spaghetti Roasted Brussel Sprouts Fresh Pineapple Chunks Garlic Bread Milk
SUPPER	Smoked Sausage/Bun Baked Beans Potato Chips Fresh Fruit Salad Milk	Breaded Fish/Bun Clam Chowder Coleslaw Mixed Melon Tartar Sauce Milk	Mongolian Beef Lo Mein Noodles Steamed Broccoli Mandarin Oranges Milk	Grilled Chicken/Bun Leaf Lettuce Tomato Slice Onion Rings Diced Peaches Milk	Beef & Bean Chili Cornbread Muffin Fresh Grapes Milk	Baked Garlic Lemon Salmon Rice Pilaf Asparagus Gingersnap Cookie Cheddar Biscuit Milk	Chicken Salad/Bun BBQ Chips Tossed Salad Chocolate Pudding 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
	November 22	November 23	November 24	November 25	November 26	November 27	November 28
BREAKFAST	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	Oatmeal Pancakes Bacon Orange Wedges Orange Juice Milk	Grits Scrambled Eggs White Toast Orange Juice Milk	Maple Bran Oat 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						
LUNCH	Beef Pot Roast Brown Gravy Mashed Potatoes Buttered Corn Peanut Butter Pie Milk	Tuscan Herb Chicken Leg Quarter Rice Pilaf 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	Roasted Turkey Stuffing Potatoes w/Gravy Green Bean Casserole Pumpkin Pie Dinner Roll/Butter Cranberry Sauce Milk HAPPY THANKSGIVING	Beer Batted Cod Coleslaw Sweet Potato Puffs Banana Cake with Cream Cheese Frosting Tartar Sauce Milk	Chili Dog/Bun Potato Salad Diced Cantaloupe Diced Onions Milk
SUPPER	Grilled Cheese Tomato Soup Caramel Applesauce Milk	Goulash Mixed Vegetables Citrus Salad Bread/Butter Milk	Kielbasa/Bun Broccoli Cheddar Soup Diced Pears Milk	Meatballs in Gravy Mashed Potatoes Green Beans Diced Peaches Milk	BBQ Chicken Wings Potato Wedges Corn on the Cob Sugar Cookie Milk	Cheese Ravioli in Marinara 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.** 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
	November 29	November 30	December 1	December 2	December 3	December 4	December 5
BREAKFAST	Oatmeal Biscuit w/Sausage Gravy Strawberries Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Mixed Melons Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Grapes Orange Juice Milk	Cream of Wheat Roast Beef Hash Wheat Toast Orange Juice Milk	Oatmeal Pancakes Sausage Patties Orange Juice Milk	Maple Bran Oat 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						
LUNCH	Beef Stroganoff Buttered Noodles Buttered Corn Peach Pie Milk	Sauteed Chicken Yukon Mashed Potatoes/Gravy Green Beans Oatmeal Raisin Cookie Cheddar Biscuit Milk	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Jalapeño Cheese Soup Diced Peaches Milk	Chicken Parmesan w/ Spaghetti and Marinara Sauce Steamed Cauliflower Peanut Butter Cookie Milk	Pork Chop Home Fries Broccoli Red Velvet Roll Dinner Roll/Butter Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Biscuit/Butter Tartar Sauce Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
SUPPER	Shaved Deli Turkey w/Cheese on Roll Cauliflower Soup Tossed Salad Pineapple Tidbits Milk	Lemon Pepper Cod Rice Pilaf Roasted Zucchini Butterscotch Pudding Tartar Sauce Milk	Cheddar Wurst/Bun Tator Tots Tossed Salad Diced Pears Milk	Grilled Corned Beef and Swiss on Rye Potato Chips Coleslaw Mandarin Oranges Milk	Chicken Caesar Dinner Salad Potato Cheese Soup Garlic Breadstick Fruit Cocktail Milk	Smothered Steak Smashed Redskins Buttered Peas Chocolate Cake Bread/Butter Milk	Sliced Deli Ham on Wheat Bread Lentil 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.** 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)						