

WEEKLY MENU DECEMBER 1 - 7

F

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u> Oatmeal Sausage Gravy Biscuit Orange Juice Milk	<u>MONDAY</u> Cream of Rice Soft Fried Eggs Wheat Toast Orange Juice Milk	<u>TUESDAY</u> Oatmeal Cheesy Eggs Wheat Toast Raisins Orange Juice Milk	<u>WEDNESDAY</u> Grits Pancakes Bacon Orange Juice Milk	<u>THURSDAY</u> Cream of Wheat Scrambled Eggs Hashbrowns Orange Juice Milk	<u>FRIDAY</u> Maple Oat Bran French Toast Sausage Links Orange Juice Milk	<u>SATURDAY</u> Oatmeal Pigs in a Blanket 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. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L
U
N
C
H

Chopped Sirloin Mushrooms/Onions Baked Potato/SC Cheese Cauliflower Blueberry Pie Dinner Roll/Butter Milk	Smothered Pork Chop SC/Bacon Mashed Potatoes Hubbard Squash Ice Cream Milk	Chicken Cordon Bleu Chicken Gravy Yukon Mashed Potatoes Vegetable Blend Butterscotch Pudding Dinner Roll/Butter Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Pudding Fruit Salad Sour Cream Milk	Turkey Pastrami on Rye w/Swiss Bean/Bacon Soup Potato Salad Fudge Brownie Milk	Spaghetti w/Meatballs Broccoli Garlic Bread Pineapple Tidbits Milk	Salisbury Steak Mashed Potatoes/Gravy Green Beans Cherry Fruit Crisp Milk
---	--	--	---	---	---	--

S
U
P
P
E
R

Smoked Sausage/Bun Baked Beans Potato Chips Oatmeal Cookie Milk	Sloppy Joe/Bun Tater Tots Coleslaw Fruited Jell-O Milk	Mongolian Beef Lo Mein Noodles Steamed Broccoli Mandarin Oranges Milk	Grilled Chicken Sandwich on Bun Leaf Lettuce Tomato Slice Onion Rings Diced Carrots Chilled Peaches Milk	Beef Chili Cornbread Fresh Strawberries Milk	Baked Lemon Garlic Salmon French Fries Coleslaw Dinner Roll Fresh Pear Milk	Stuffed Peppers Tossed Salad Garlic Bread Angel Cake Fluff 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. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

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

WEEKLY MENU DECEMBER 8 - 14

A

BREAKFAST

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage/Cheese English Muffin Orange Juice Milk	Cream of Rice Cheese Omelet Coffee Cake Orange Juice Milk	Oatmeal Sausage Links Hashbrowns Raisins Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran Bacon Pancakes Apple Compote Orange Juice Milk	Grits Cheesy Scrambled Eggs Homemade Lemon Blueberry Bread Orange Juice Milk	Oatmeal Ham/Cheese Croissant 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. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

LUNCH

Beef Pot Roast Brown Gravy Roasted Potatoes Creamed Spinach Fruits of the Forest Pie Dinner Roll Milk	Herb Chicken Wild Rice Buttered Corn Cheesecake Dinner Roll/Butter Milk	Wet Burrito Fiesta Rice Lettuce/Tomato Lemon Cookie Sour Cream Milk	Ham and Sausage Pizza Caesar Salad Raspberry Sherbet Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato French Fries Fruit Cocktail Dill Pickle Chips Milk	Catfish Po' Boy Shredded Lettuce Sweet Potatoes Roasted Corn Medley Mandarin Oranges Remoulade Sauce Milk	Chili Dog/Bun French Fries Coleslaw Diced Pears Dill Pickle Spear Diced Onions Milk
Goulash Mixed Vegetables Fresh Melon Bread/Butter Milk	Grilled Cheese Tomato Soup Coleslaw Caramel Applesauce Milk	Chicken Salad on Hawaiian Bun Tossed Salad Lattice Chips Chocolate Pudding Milk	Baked Cod Loin Potato Wedges Peas/Carrots Sugar Cookie Dinner Roll/Butter Milk	BBQ Chicken Leq Quater Potato Salad Marinated Cucumbers Fruit Cocktail Milk	Baked Spaghetti Roasted Asparagus Ice Cream Milk	Chicken and Dumplings Creamy Cucumber Salad 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. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat bread)

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

DINNER

WEEKLY MENU DECEMBER 15 - 21

B

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Biscuit w/Sausage Gravy Fresh Grapes Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Fresh Banana Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Raisins 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 Mixed Melons Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15 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. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L

U
N
C
H

Beef Stroganoff Buttered Noodles Diced Carrots Peach Pie Dinner Roll/Butter Milk	Sauteed Chicken w/ Chicken Gravy Rice Pilaf Green Beans Citrus Salad Cheddar Biscuit Milk	Bacon Cheeseburger/Bun Leaf Lettuce Tomato Slice Potato Cheese Soup Tossed Salad Diced Peaches Milk	Lasagna BLT Salad Garlic Bread Orange Sherbet Milk	Pork Chop Home Fries Broccoli Spice Cake Dinner Roll/Butter Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
---	---	--	--	---	---	---

S

U
P
P
E

Shaved Turkey/Roll Lettuce Leaf Sliced Tomato Cauliflower Soup Pineapple Tidbits Milk	Citrus Marinated Fish Steamed Cauliflower Roasted Delacata Squash Butterscotch Pudding Milk	Cheddar Wurst Tator Tots Buttered Peas Chocolate Cake Bread/Butter Milk	Shaved Corned Beef on Rye Bread w/Swiss Cheese Potato Chips Coleslaw Mandarin Oranges Milk	Chicken Caesar Dinner Salad Jalapeño Cheese Soup Breadstick Fruit Cocktail Milk	Smothered Steak Smashed Redskins Buttered Corn Jell-O Fruit Parfait Bread/Butter Milk	Beef Stew Tossed Salad Fresh Pineapple Biscuit/Butter Milk
--	--	--	--	---	--	--

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. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

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

WEEKLY MENU DECEMBER 22 - 28

C

BREAKFAST

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Scrambled Eggs Sourdough Toast Orange Juice Milk	Cream of Rice Pancakes Bacon Strawberry Sauce Orange Juice Milk	Oatmeal Soft Fried Eggs Wheat Toast Orange Juice Milk	Cream of Wheat Hashbrowns Scrambled Eggs Fresh Melon Orange Juice Milk	Grits French Toast Maple Syrup Bacon Orange Juice Milk	Maple Oat Bran Cheesy Eggs Sausage Links White Toast Fresh Banana 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. Fried Eggs F. Oatmeal**
G. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

LUNCH

Meatloaf/Gravy Homestyle Potatoes Green Beans Dutch Apple Pie Dinner Roll/Butter Milk	Crispy Chicken Sandwich with Swiss on Bun Leaf Lettuce Tomato Slice French Onion Soup Cinnamon Applesauce Milk	Sliced Pork Loin w/Gravy Yukon Mashed Potatoes Northwest Veg. Ambrosia Dinner Roll/Butter Milk	MERRY CHRISTMAS TBD- Based on Members Voting 	Hamburger/Kaiser Roll Diced Onions Lettuce Leaf Sliced Tomato Sweet Potato Fries Pickled Beets Chocolate Cookie Milk	Fried Cod Nuggets French Fries Coleslaw Strawberry Cake Milk	Ham Macaroni & Cheese Mixed Vegetables Mandarin Oranges Milk
Scalloped Potatoes w/Ham Mixed Vegetables Diced Peaches Cornbread Milk	Spaghetti w/ Meat Sauce Diced Carrots Garlic Bread Fruit Cocktail Milk	Deluxe Deep-Dish Pizza Caesar Salad Deluxe Fruit Salad Milk	Beef & Bean Chili Green Beans Diced Pears Cornbread Muffin Milk	German Style Ribs Sauerkraut and Potatoes Diced Peaches Dinner Roll/Butter Milk	Open Face Sliced Hot Beef on Bread with Mashed Potatoes & Gravy Citrus Fruit Salad Milk	Egg Salad on Croissant Potato Soup Broccoli Breadstick Fruit Cocktail 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. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
#7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
#10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

-HAPPY HOLIDAYS FROM YOUR NUTRITION SERVICES DEPT.-

2024



WEEKLY MENU DECEMBER 29 – JANUARY 4



D

B
R
E
A
K
F
A
S
T

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Cream of Rice French Toast Sausage Links Raisins Orange Juice Milk	Oatmeal Scrambled Eggs Hashbrowns Banana Orange Juice Milk	Grits Pancakes Bacon Orange Juice Milk	Cream of Wheat Soft Fried Eggs Sourdough Toast Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Oatmeal Biscuit w/Sausage Gravy Fresh Melon 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. Egg/Cheese Biscuit H. Sausage/Egg/Cheese Biscuit I. White Toast J. Wheat Toast

Cereal: Cheerios, Rice Krispies, Raisin Bran, Bran Flakes, Corn Flakes, Frosted Flakes, Froot Loops, Cinnamon Toast Crunch, Frosted Mini Wheats.

Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato

Milk: 2%, Skim, Chocolate

L
U
N
C
H

Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Banana Cream Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Vegetable Medley Angel Food Cake w/ Strawberry Sauce Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Tossed Salad Ice Cream Milk	HAPPY NEW YEAR TBD- Based on Members Voting	Chicken Parmesan w/Marinara Over Spaghetti Sicilian Veg Blend Garlic Breadstick Peanut Butter Cookie Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Pickles/Diced Onion Milk	Sloppy Joe/Bun Tater Tots Mandarin Oranges Milk
Salami, Ham & Provolone, Sub Shredded Lettuce & Diced Tomato Pasta Salad Pineapple Tidbits Milk	Fried Shrimp Cocktail Sauce Tater Tots Corn on The Cob Mandarin Oranges Milk	Kielbasa/Bun French Fries Steamed Beets Chilled Diced Pears Milk	Tuna Noodle Casserole Glazed Carrots Dreamsicle Salad Milk	Salisbury Steak Mashed Potatoes French Green Beans Chilled Peaches Bread/Butter Milk	Sliced Roast Turkey Over White Bread with Gravy Stuffing Buttered Peas Fresh Pineapple Cookie Milk	Lasagna Diced Carrots Garlic Bread Diced Pears 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. Grilled Cheese w/Ham (American/Swiss Cheese, White/Wheat Bread) #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce
 #7. Chef Salad (Ranch, French, Thousand Island, Italian Dressing) #8. Egg/Cheese Biscuit #9. Sausage/Egg/Cheese Biscuit
 #10. Mashed Potatoes with Gravy #11. Ham/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
 #12. Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #13. Peanut Butter and Jelly Sandwich (White/Wheat Bread)

-HAPPY NEW YEAR FROM YOUR NUTRITION SERVICES DEPT.-