

WEEKLY MENU **DECEMBER 3 - 9**

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<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 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

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Beef Stroganoff Buttered Noodles Caribbean Veg Peach Pie Dinner Roll/Butter Milk	Sautéed Chicken w/ Raspberry Sauce White Rice Key West Veg Citrus Salad Cheddar Biscuit Milk	BBQ Beef/Bun Potato Cheese Soup Tossed Salad Diced Peaches Milk	Lasagna BLT Salad Garlic Bread Orange Sherbet Milk	Pork Steak 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 Milk
Shaved Turkey/Roll Lettuce/Tomato Cauliflower Soup Pineapple Tidbits Milk	Shrimp Scampi Over Pasta Tomato/Zucchini Medley Tapioca Pudding Milk	Cheddarwurst Tator Tots Buttered Peas Chocolate Cake Milk	Shaved Corned Beef Sandwich w/Swiss Potato Chips Coleslaw Mandarin Oranges Milk	Shaved Chicken/Bun Jalapeño Cheese Soup Tossed Salad Fruit Cocktail Milk	Smothered Steak w/ Mush+Onion Smashed Redskins Buttered Corn Jell-O Fruit Parfait Bread/Butter Milk	Beef Stew Tossed Salad Fresh Pineapple Bread/Butter 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 10 - 16**

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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 Sausage Hashbrown Casserole Fresh Melon Orange Juice Milk	Grits Irish Scramble Wheat Toast Raisins 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 Apple Pie Dinner Roll/Butter Milk	Shaved Beef & Swiss on Bun Lettuce & Tomato French Onion Soup Fresh Grapes Milk	Pork Cutlet/Gravy Roasted Redskin Potatoes Northwest Veg. Ambrosia Dinner Roll/Butter Milk	Turkey Sub w/Cheese Lettuce/Tomato Southwest Chicken Soup Apple Crisp Milk	Hamburger on a Kaiser Roll Lettuce & Tomato Sweet Potato Fries Bean Salad Chocolate Cookie Diced Onions Milk	Fried Catfish French Fries Coleslaw Strawberry Cake Dinner Roll/Butter Milk	Corn Dog Mixed Vegetables Mandarin Oranges Milk
Scalloped Potatoes w/Ham Mixed Vegetables Diced Peaches Biscuit/Butter Milk	Spaghetti w/ Meat Sauce Italian Green Beans Garlic Bread Fruit Cocktail Milk	Deluxe Deep-Dish Pizza Caesar Salad Deluxe Fruit Salad Milk	Cabbage Rolls White Rice French Green Beans Diced Pears Bread/Butter Milk	German Style Ribs Sauerkraut and Potatoes Peaches/Cherries Dinner Roll/Butter Milk	Fried Bologna Sandwich w/Cheese Potato Salad Citrus Fruit Salad Milk	Chicken Alfredo 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)

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

WEEKLY MENU DECEMBER 17 - 23

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BREAKFAST

<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 Potato Pancake Scrambled Eggs Orange Juice Milk	Grits Ham Scramble Wheat Toast Orange Juice Milk	Cream of Wheat Soft Fried Eggs Sourdough Toast Orange Juice Milk	Maple Oat Bran Breakfast Yogurt Banana Bread Orange Juice Milk	Oatmeal Santa Fe Quiche 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

LUNCH

Beef Roast/Gravy Baby Potatoes Baby Carrots 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 Apple Juice Ice Cream Milk	BBQ Chicken Potatoes/Gravy Corn on the Cob Apple Slices w/ Caramel Biscuit/Butter Milk	Chicken Parmesan w/Marinara Buttered Spaghetti Sicilian Veg Blend Garlic Breadstick Fresh Grapes Milk	Cheeseburger/Bun Lettuce Sliced Tomato French Fries Coleslaw Fruit Cocktail Milk	Sloppy Joe/Bun Tater Tots Mandarin Oranges Milk
Turkey Melt Pasta Salad Macadamia Nut Cookie Pineapple Tidbits Milk	Cajun BBQ Shrimp Cajun Rice Collard Greens Fried Okra Mandarin Oranges Milk	Kielbasa/Bun French Fries Alabama Bean Salad Chilled Diced Pears Milk	Turkey Burger/Bun Lettuce Sliced Tomato Potato Chips Fresh Cabbage Slaw Dreamsicle Salad Milk	Salisbury Steak Mashed Potatoes French Green Beans Chilled Peaches Bread/Butter Milk	Gyro Greek Salad Peanut Butter Cookie Milk	Lasagna Diced Carrots 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. 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 24 - 30



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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Oatmeal Cheese Omelet Wheat Toast Orange Juice Milk	Cream of Rice Soft Fried Eggs Sourdough Toast Orange Juice Milk	Oatmeal Pancakes Bacon Blueberry Sauce Orange Juice Milk	Grits Corned Beef Hash Wheat Toast Fresh Cantaloupe Orange Juice Milk	Cream of Wheat French Toast Casserole Sausage Patties Orange Juice Milk	Maple Oat Bran Farmer Scramble Wheat Toast Orange Juice Milk	Oatmeal Egg/Cheese on English Muffin 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.

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Fried Chicken Baked Beans Tomato/Cucumber Salad Cookies+Cream Pie Milk	Ribeye Roast/Au Jus Potatoes Vegetable Blend Holiday Dessert Yeast Roll/Butter Milk MERRY CHRISTMAS	Smothered Chicken w/Mushroom+Onion Egg Noodles Capri Veg Blend Fruit Turnover Milk	Country Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Chocolate Pudding Dinner Roll/Butter Milk	BBQ Pork/Bun Tortilla Chips Cowboy Caviar Snickerdoodle Cookie Pickle Spear Milk	Sizzle Steak/Bun Mushroom Soup Tossed Salad Mandarin Oranges Milk	Chicken Enchilada Casserole Lettuce/Tomato Fruit Cocktail Sour Cream Milk
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Bratwurst German Potato Salad Green Beans Warm Cinnamon Apples Dinner Roll/Butter Milk	Beer Battered Cod Roasted Potatoes Roasted Brussel Sprouts Peaches/Strawberries Milk	Pepperoni/Bacon Pizza Tossed Salad Apple Crisp Milk	Chili Cheese Dog Potato Chips Macaroni Salad Fresh Grapes Milk	Sweet-Sour Chicken White Rice Spring Roll Citrus Salad Milk	Fried Shrimp Steak Fries Coleslaw Lemon Cake Milk	Sliced Deli Ham on Kaiser Roll Cucumber Salad Cinnamon Applesauce 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. 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****

-HAPPY HOLIDAYS FROM YOUR NUTRITION SERVICES DEPT.-