

# SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST	Orange or Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter French Toast & Syrup	Cranberry or Orange Juice Oatmeal Cereal Western Omelette Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Blueberry Muffin	Apple or Orange Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Raisin Toast	Orange or Apple Juice Oatmeal Raisin Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter English Muffin	Cranberry or Orange Juice Oatbran Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Croissant	Apple or Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Toasted Rye Bread	Orange or Apple Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Breakfast Sausage	
	AM	Orange Juice White Grape Juice	Orange Pineapple Juice Tomato Juice	Peach Juice Apple Cider	Apple Juice White Grape Juice	Cranapple Juice V-8 Juice	White Grape Juice Apple Cider	Pineapple Juice Tomato Juice
	DINNER	Shepherd's Pie Mashed Potato Broccoli Florets Date Square OR Turkey Schnitzel Mashed Potato Italian Mixed Vegetable Mandarin Oranges	BBQ Back Ribs Whipped Potato Buttered Corn Ginger Cake w/ Ice Cream OR Spinach & Cheese Manicotti Dinner Roll Heritage Blend Salad Stewed Rhubarb	Herb Baked Chicken Roasted Potatoes Green Beans Boston Cream Donut OR Swedish Meatballs Mashed Potato Mixed Vegetables Homemade Apple Sauce	Liver & Onions Mashed Potatoes Butternut Squash Frozen Yogurt OR Sausage & Peppers Roasted Potatoes Fall Medley Vegetables Papaya	Brown Sugar Meatloaf Mashed Potato Harvest Vegetables Toffee Pudding Cake OR Roast Pork w/Applesauce Baked Potato Succotash Blueberries	Cottage Roll Scalloped Potatoes Buttered Brussel Sprouts Apple Brown Betty OR Chicken a la King w/Tea Biscuit Mashed Potatoes Mixed Vegetables Apricots	Roast Veal Mashed Potato Glazed Parsnips Cherry Pie w/Ice Cream OR Honey Baked Ham Mashed Sweet Potatoes Asparagus Peaches
	PM	Fruit Punch Shortbread Cookie	Peach Juice Digestive Oatbran Cookie	Cranapple Juice Assorted Cream Cookie	Pineapple Juice Apple Turnover Cookie	Peach Juice Chocolate Wafer Cookie	Orange Juice Strawberry Turnover Cookie	Fruit Punch Bran Crunch Cookie
	SUPPER	Beef Barley & Mushroom Butternut Squash Potato Leek Frittata OR Pear Slices Sliced Ham Sandwich with Sweet Pickles Mixed Green Salad Caramel Swirl Cake	Cream of Mushroom Country Vegetable Roast Beef Sandwich Winter Slaw Mixed Fruit OR Baked Beans & Wieners Cornmeal Muffin Vanilla Pudding	Chicken Rice Cream of Asparagus Macaroni & Cheese Stewed Tomatoes Pineapple Tidbits OR Hot Roast Pork Sandwich Lemon Tart	Chicken Vegetable Cream of Carrot Salmon Pie Green Peas Peach Slices OR Cobb Salad Plate Focaccia Bread Rice Pudding	Cream of Potato Fall Harvest Chickpea Stew Potato Roll Mango OR Chicken Tenders w/ Plum Sauce & Poutine Caesar Salad Yogurt w/Berries	Broccoli Cheese Hearty Bean Sloppy Joe on a Bun Tossed Salad Strawberries OR Egg Salad Sandwich Chocolate Cake	Garden Vegetable Creamy Tomato Chicken Pot Pie w/Gravy Snap Peas Fruit Cocktail OR Pasta Primavera w/ Bread Stick Butterscotch Sundae Cup
	HS	Sliced Apple & Peanut Butter Milk 1%	Blueberry Loaf & Cheese Milk 1%	Frozen Vanilla Cup Milk 1%	Ritz Crackers & Cheese Milk 1%	Graham Biscuit w/Peanut Butter Milk 1%	Cheese Puffs Milk 1%	Strawberry Yogurt Milk 1%

Prunes, prune juice or Bananas offered at breakfast. Garden salad available at Dinner. Bread, butter, margarine, Cheese, Deli Meat & Boiled Egg available at dinner and supper. Fresh fruit & plain cookies available at PM & HS nourishment pass