

Sample Fall Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Apple or Orange Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Raisin Bran Muffin	Orange or Cranberry Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Yogurt English Muffin	Cranberry or Orange Juice Oatmeal Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Cheddar Cheese Toasted Rye Bread	Orange or Apple Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Raisin Toast	Cranberry or Orange Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast OR Variety of Cold Cereals Cream Cheese Bagel	Orange or Cranberry Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Carrot Muffin	Apple or Orange Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Breakfast Sausage English Muffin
AM	Orange Juice Cranberry Juice	Raspberry Juice Tomato Juice	Pineapple Juice Cranapple Juice	Grape Juice V-8 Juice	Cranapple Juice Tomato Juice	Raspberry Juice Apple Cider	Apricot Juice White Grape Juice
DINNER	Country Style Fried Chicken Scalloped Potatoes Buttered Corn Chocolate Cake OR Lemon Herb Fish Fillet Whipped Potatoes Butternut Squash Mixed Berries	Beef Pot Pie Mashed Potatoes Italian Mixed Vegetables Lemon Meringue Pie OR Butter Chicken w/Naan Bread Basmati Rice Broccoli Fruit Cocktail	Cuban Salmon Steamed Rice Mixed Vegetables Frozen Yogurt OR Swedish Meatballs Mashed Potatoes Carrots Coins Homemade Applesauce	Honey Garlic Ribs Mashed Potatoes Montego Mix Vegetables Cheesecake w/Fruit Topping OR Chana Marsala Peas Mandarins	Pork Medallion Mashed Potatoes Buttered Lima Beans Ice Cream w/Cookie OR Chicken Souvlaki w/Pita Rice Pilaf Greek Salad Black Berries	Chicken Stew Tea Biscuit Ambrosia OR Beef Brisket Mashed Potatoes Baby Carrots Mango	Rst Chicken w/Stuffing & Gravy Mashed Potatoes Roast Root Vegetables Apple Pie w/cheese OR Roast Beef with Gravy Yorkshire Pudding Creamed Onions Strawberries
PM	Fruit Punch Maple Wafer	Peach Juice Wagon Wheel	Cranapple Juice Rice Krispie Bar	Pineapple Juice Oatmeal Cookie	Peach Juice Nutri-Grain Bar	Orange Juice Fig Newton	Fruit Punch Orange Cream Wafer
SUPPER	Tomato Tortellini Soup Cream Of Vegetable Soup Ham & Cheese on a Croissant Sweet Pickles Cranberry Apple Quinoa Salad Pears OR Beef Chili w/ Cornmeal Muffin Chef Salad Tiramisu Mousse	Country Vegetable Soup Cream of Potato Soup French Toast w/syrup Breakfast Sausage Cheese filled Peach half Papaya OR Tuna Sandwich Spinach Salad Vanilla Carmel Swirl Cake	Cream of Chicken Soup French Onion Soup Hummus Sandwich Butternut Squash Salad Apricots OR Chicken & Broccoli Casserole w/Garlic Stick Chopped Salad Caramel Pudding w/cookie	Cream of Tomato Soup Pea & Bacon Philly Cheesesteak Spring Mix Salad Pineapple Tidbits OR Chicken Wings w/Crudité & Dip Carrot & Raisin Salad Chocolate Raspberry Cake	Butternut Squash Minestrone Soup Cod Nuggets Wedge Fries Chopped Salad Stewed Rhubarb OR Stuffed Peppers Mixed Green Salad Brownie	Italian Wedding Soup Cauliflower Soup Cheese Cannelloni in Tomato Sauce w/Garlic Knot Broccoli Peaches OR Egg Salad Sandwich Shaved Brussel Sprout Salad Cinnamon Roll	Chicken Noodle Soup Broccoli Soup Roasted Vegetable Frittata Green Beans Cantaloupe OR Hot Pastrami on Pretzel Bun w/Pickles & Chips Oil and Vinegar Coleslaw Maple Pudding Cake
HS	Peach Mango Yogurt Milk 1%	Peanut Butter Snack Sandwich Milk 1%	Blueberry Cottage Cheese Milk 1%	Raisin Bread & Marble Cheese Milk 1%	Veggie Straws w/Hummus Milk 1%	Cheese Puffs Milk 1%	Vanilla Yogurt Milk 1%

Prunes, prune juice or Bananas offered at breakfast. Garden salad available at Dinner. Bread, Butter, Margarine available at all Meals
 Fresh fruit & plain cookies available at PM & HS nourishment pass Coffee, tea, water and milk offered at each meal and nourishment. Friday & Saturday non alcoholic Beer & Wine available at HS nourishment pass