

WEEK 1

MONDAY (1) November 11	TUESDAY (2) November 12	WEDNESDAY (3) November 13	THURSDAY (4) November 14	FRIDAY (5) November 15	SATURDAY (6) November 16	SUNDAY (7) November 17
BREAKFAST						
Cream of Wheat Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs French Toast w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Links Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Oatmeal Bacon Fried Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Boiled Eggs Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Patty Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar
LUNCH						
Oven Fried Chicken Green Beans Corn Brownie	Turkey Alfredo Noodles Green Peas Orange Slices	Kielbasa Sauerkraut Roasted Potato Medley Fruit Cup	Country Fried Steak Au Gratin Potatoes Spinach Red Velvet Cake	Sweet and Sour Pork Rice Mixed Vegetables Cookie	Meatballs Pasta Broccoli Chocolate Pudding	Salisbury Steak Scalloped Potatoes Capri Blend Vegetables Fruit Pie
DINNER						
Macaroni and Cheese Tossed Salad Bread with Butter Fruit Mix	Battered Fish Potato Wedges Coleslaw German Chocolate Cake	Chicken Enchilada Spanish Rice Refried Beans Tres Leches Cake	Cheese Ravioli Green Beans Dinner Roll Strawberries	Pizza Green Salad Breadstick Grapes	Eggs Salad Sandwich Chips Crudites Diced Pears	Lasagna Caesar Salad Garlic Bread Mandarin Oranges

WEEK 2

MONDAY (8) November 18	TUESDAY (9) November 19	WEDNESDAY (10) November 20	THURSDAY (11) November 21	FRIDAY (12) November 22	SATURDAY (13) November 23	SUNDAY (14) November 24
BREAKFAST						
Oatmeal Bacon Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Raisin Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bars	Oatmeal Fried Eggs Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Burrito 100% Juice with Vit. C Fruit Bar	Oatmeal Boiled Eggs Danish Pastry 100% Juice with Vit. C Fruit Bar
LUNCH						
Herbed Baked Fish Paprika Rice Brussels Sprouts Frosted Cake	Roast Beef Noodles Seasoned Carrots Ice Cream	Baked Chicken Garden Rice Green Beans Diced Pears	Baked Pork Loin Blackeye Peas Cauliflower Brownie	Battered Fish Corn Broccoli Diced Peaches	Mushroom Chopped Steak Seasoned Potatoes Green Peas Fruit Cup	Cranberry Glazed Pork Sweet Potatoes Seasoned Carrots Angel Food Cake
DINNER						
Sloppy Joe on a Bun Tater Tots California Blend Vegetables Fruit Cobbler	Swiss Spinach Quiche Sweet Potato Fries Cucumber Onion Salad Fresh Orange Slices	Kielbasa Scalloped Potatoes Sauerkraut Strawberries & Bananas	Chicken Patty on a Bun Relish Plate French Fries Pound Cake	Spaghetti with Meat Sauce Italian Vegetables Garlic Bread Banana Cream Pie	Macaroni and Cheese Mixed Vegetables Bread with Butter Mandarin Oranges	Egg Salad Sandwich Tossed Salad Chips Cookies

WEEK 3

MONDAY (15) November 25	TUESDAY (16) November 26	WEDNESDAY (17) November 27	THURSDAY (18) November 28	FRIDAY (19) November 29	SATURDAY (20) November 30	SUNDAY (21) December 1
BREAKFAST						
Cream of Wheat Cheese Omelet Raisin Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Bacon Waffle w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Fried Eggs Croissant 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links French Toast w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bacon Scrambled Eggs & Cheese 100% Juice with Vit. C Fruit Bar
LUNCH						
Cheeseburger on Bun Relish Plate French Fries Diced Peaches	Battered Fish Potato Wedges Coleslaw Strawberries	Pulled Pork Potato Salad Seasoned Broccoli Banana Cream Pie	Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Dinner Roll Pumpkin Pie	Chicken Fajitas Black Beans Sauteed Onions & Peppers Ice Cream	Salisbury Steak Buttered Rice Green Beans Peach Pie	Chicken Tenders Tater Tots Parslied Carrots Frosted Cake
DINNER						
Smoked Sausage Rice Sauteed Onions & Peppers Pineapples	Baked Manicotti Pasta Italian Vegetables Breadstick Lemon Bar	Vegetable Soup Roast Beef Sandwich Mandarin Oranges	Swedish Meatballs Buttered Noodles Parslied Cauliflower Cookies	Tuna Salad Sandwich Chips Coleslaw Butterscotch Pudding	Crab Cakes French Fries Breaded Zucchini Brownie	Macaroni and Cheese Tossed Salad Garlic Breadstick Fruit Mix

WEEK 4

MONDAY (22) December 2	TUESDAY (23) December 3	WEDNESDAY (24) December 4	THURSDAY (25) December 5	FRIDAY (26) December 6	SATURDAY (27) December 7	SUNDAY (28) December 8
BREAKFAST						
Oatmeal Pork Sausage Patty Fried Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Cinnamon Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Cream of Wheat Waffle w/ Butter & Syrup Bacon 100% Juice with Vit. C Fruit Bars	Oatmeal Pork Sausage Links Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Muffin 100% Juice with Vit. C Fruit Bar
LUNCH						
Meatballs Mashed Potatoes Butternut Squash Diced Pears	Peppered Pork Loin Blackeye Peas Green Beans Grapes	Lasagna Italian Vegetables Garlic Bread Strawberries	Salisbury Steak w/ Onion Gravy Buttered Rice Parslied Carrots Cinnamon Apples	Pork Chop Pinto Beans Seasoned Zucchini Brownie	Sweet and Sour Chicken Rice Mixed Vegetables Fruit Cobbler	Baked Ham Sweet Potatoes Harvard Beets Pound Cake
DINNER						
Chicken Teriyaki Rice Broccoli Mandarin Oranges	Chili with Cheese Cornbread Tossed Salad Peaches	Chicken Patty on Bun Sweet Potato Fries Relish Plate Chocolate Chip Cookies	Turkey & Swiss Sandwich Pickled Beets Chips Sherbet	Roast Beef Roasted Potato Medley Green Peas Angel Food Cake	Tuna Salad Sandwich Three Bean Salad Chips Diced Peaches	Cheese Quesadilla Spanish Rice Refried Beans Pineapples