

WEEK 1						
MONDAY (1) July 21	TUESDAY (2) July 22	WEDNESDAY (3) July 23	THURSDAY (4) July 24	FRIDAY (5) July 25	SATURDAY (6) July 26	SUNDAY (7) July 27
BREAKFAST						
Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bacon Cinnamon Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs and Cheese Cinnamon Roll 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bagels with Cream Cheese Bacon 100% Juice with Vit. C Fruit Bar
LUNCH						
Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Brownie	Beef Tips w/ Mushroom Noodles Seasoned Broccoli Peach Cobbler	Chicken and Dumplings Mixed Vegetables Dinner Roll Banana Cream Pie	BBQ Pulled Pork on Bun Potato Salad Battered Zucchini Strawberry Shortcake	Herb and Lemon Fish Wild Rice Blend Spinach Toscana Cheesecake	Herbed Pork Loin Sweet Potatoes Brussels Sprouts Chocolate Pudding	Glazed Ham Baked Potato Broccoli Lemon Meringue Pie
DINNER						
Popcorn Shrimp Garden Salad French Fries Fruit Cup	Tuna Salad Sandwich Carrot Raisin Salad Chips Mandarin Oranges	Battered Fish French Fries Tossed Salad Frosted Marble Cake	Fruit & Cottage Cheese Plate Cucumber Onion Salad Muffin Ice Cream	Smoked Sausage on Bun Chips Sauteed Onions and Peppers Diced Pears	Salmon Patty Herbed Rice Seasoned Cauliflower Mixed Melons	Cheese Quiche Buttered Beets Dinner Roll Fruit Cup

WEEK 2

MONDAY (8) July 28	TUESDAY (9) July 29	WEDNESDAY (10) July 30	THURSDAY (11) July 31	FRIDAY (12) August 1	SATURDAY (13) August 2	SUNDAY (14) August 3
BREAKFAST						
Oatmeal Waffle w/ Butter & Syrup Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Boiled Eggs Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Patties Pancake w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs Cinnamon Roll 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bagels with Cream Cheese Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links French Toast w/ Butter & Syrup 100% Juice with Vit. C Fruit Bar
LUNCH						
Battered Fish Corn Coleslaw Strawberries	Lasagna Garlic Breadstick Caesar Salad Tiramisu Cake	BBQ Pulled Pork on Bun Buttered Corn Seasoned Zucchini Angel Food Cake	Chicken & Vegetable Stir Fry Steamed Rice Egg Roll Banana Pineapple Bowl	Macaroni and Cheese Bread with Butter Broccoli Raspberry Pie	Peachy Pork Chop Orzo Pilaf Green Beans Grapes	Roast Beef with Gravy Red Potatoes Capri Blend Vegetables Peanut Butter Cookies
DINNER						
Philly Cheesesteak Sandwich Tater Tots Sauteed Onions & Peppers Ice Cream	Seasoned Fish Orzo Pasta Broiled Tomato Slices Coconut Cream Pie	Popcorn Shrimp Garden Salad French Fries Diced Peaches	Meatballs w/ Marinara Penne Pasta Peas & Pearl Onions Diced Pears	Salmon Patty Buttered Rice Parslied Cauliflower Mandarin Oranges	Pizza Cucumber Onion Salad Breadstick Ice Cream Sandwich	Egg Salad Sandwich Spinach Salad Chips Watermelon

WEEK 3						
MONDAY (15) August 4	TUESDAY (16) August 5	WEDNESDAY (17) August 6	THURSDAY (18) August 7	FRIDAY (19) August 8	SATURDAY (20) August 9	SUNDAY (21) August 10
BREAKFAST						
Cream of Wheat Scrambled Eggs Cinnamon Roll 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Patty Biscuit 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancake w/ Butter & Syrup Fried Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Bagel with Cream Cheese Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Muffin 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle w/ Butter & Syrup Pork Sausage Links 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Skillet Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar
LUNCH						
Herbed Pork Loin Harvard Beets Wild Rice Blend Fruit Cup	Salisbury Steak Whipped Potatoes Roasted Carrots Ice Cream Sandwich	Chopped Steak w/ Peppers Baked Potato Squash Blend Blushing Pears	Roast Pork w/ Rosemary Sauce Sweet Potatoes Cauliflower Grapes	Beef & Pasta Casserole Mixed Vegetables Mandarin Oranges	Chicken Tenders Macaroni and Cheese Broccoli Cookies	Sweet and Sour Pork Japanese Blend Vegetables Steamed Rice Cheesecake
DINNER						
Fruit & Cottage Cheese Plate Marinated Vegetable Salad Sherbet	Ham & Cheese Sandwich Relish Plate Chips Peaches and Cream	Chicken Enchilada Spanish Rice Refried Beans Pineapples	Beef Tips Au Jus Noodles Capri Blend Vegetables Frosted Chocolate Cake	Pizza Garlic Bread Tossed Salad Brownie	Cheese Ravioli Seasoned Zucchini Dinner Roll Diced Peaches	Tuna Salad Sandwich Chips Crudites Strawberries w/ Whipped Topping

WEEK 4

MONDAY (22) August 11	TUESDAY (23) August 12	WEDNESDAY (24) August 13	THURSDAY (25) August 14	FRIDAY (26) August 15	SATURDAY (27) August 16	SUNDAY (28) August 17
BREAKFAST						
Oatmeal Biscuit and Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Breakfast Sandwich 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 Bagels with Cream Cheese 100% Juice with Vit. C Fruit Bar	Cream of Wheat French Toast w/ Butter & Syrup Pork Sausage Patties 100% Juice with Vit. C Fruit Bar	Oatmeal Fried Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar
LUNCH						
Roasted Chicken Corn Seasoned Carrots Angel Food Cake	Swedish Meatballs Bowtie Pasta Buttered Beets Baked Peach Slices	Baked Glazed Ham Sweet Potatoes Brussels Sprouts Pineapple Upside Down Cake	Turkey Pot Pie Tossed Salad Dinner Roll Strawberries w/ Whipped Topping	Battered Fish Tater Tots Coleslaw Lemon Bar	Meatloaf Mashed Potatoes with Gravy Peas and Pearl Onions Sherbet	Smothered Pork Chop Garden Rice Capri Blend Vegetables Diced Peaches
DINNER						
Italian Sausage Roasted Potatoes Sauerkraut Tropical Fruit	Pizza Mixed Green Salad Fruit Mix	Mushroom Quiche Baked Zucchini Bread with Butter Diced Pears	Country Fried Steak Au Gratin Potatoes Spinach Mandarin Oranges	Chicken Caesar Salad Breadstick Fresh Fruits	Egg Salad Sandwich Three Bean Salad Fresh Orange Slices	Cheese Ravioli Seasoned Spinach Bread with Butter Apple Pie