

WEEK 1						
MONDAY (1) October 13	TUESDAY (2) October 14	WEDNESDAY (3) October 15	THURSDAY (4) October 16	FRIDAY (5) October 17	SATURDAY (6) October 18	SUNDAY (7) October 19
BREAKFAST						
Cream of Wheat Scrambled Eggs Bacon 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 Bacon Pancakes 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Patty French Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs Coffee Cake 100% Juice with Vit. C Fruit Bar	Cream of Wheat Fried Eggs Hash Brown Potatoes 100% Juice with Vit. C Fruit Bar
LUNCH						
Cranberry Glazed Pork Loin Scalloped Potatoes Green Beans Fresh Strawberries	Baked Chicken Buttered Corn Brussels Sprouts Coconut Cream Pie	Herb Baked Fish Bowtie Pasta Broccoli w/ Cheese Sauce Mandarin Oranges	Breaded Pork Chop Mashed Potatoes Seasoned Zucchini Brownie	Chicken Paprika Rice Pilaf Peas with Mushrooms Cookies	Lasagna Garlic Bread Caesar Salad Peach Cobbler	Roast Turkey Stuffing Green Beans Pumpkin Pie
DINNER						
Tomato Soup Grilled Cheese Sandwich Three Bean Salad Brownie	Salisbury Steak Red Potatoes Butternut Squash Cinnamon Apples	Turkey Sandwich Relish Plate Chips Diced Pears	Macaroni and Cheese Seasoned Broccoli Bread with Butter Fresh Fruits	Hamburger on Bun French Fries Relish Plate Pineapples	Smoked Sausage Sauteed Onions & Peppers Seasoned Potatoes Fruit Mix	Goulash Mixed Vegetables Bread with Butter Mandarin Oranges

WEEK 2

MONDAY (8) October 20	TUESDAY (9) October 21	WEDNESDAY (10) October 22	THURSDAY (11) October 23	FRIDAY (12) October 24	SATURDAY (13) October 25	SUNDAY (14) October 26
BREAKFAST						
Oatmeal Cheese Omelet Raisin Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Breakfast Sandwich 100% Juice with Vit. C Fruit Bar	Oatmeal Scrambled Eggs w/ Cheese Danish Pastry 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pancakes Pork Sausage Links 100% Juice with Vit. C Fruit Bars	Oatmeal Bacon French Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle Pork Sausage Patty 100% Juice with Vit. C Fruit Bar
LUNCH						
Ham w/ Pineapples Sweet Potatoes Seasoned Peas Fresh Fruits	Beef Stroganoff Noodles Cauliflower Brownie	Cheeseburger on Bun Tater Tots Relish Plate Ice Cream	BBQ Pulled Pork on Bun Baked Beans Potato Salad Diced Peaches	Country Fried Steak Buttered Corn Seasoned Carrots Banana Cream Pie	Garlic Pepper Pork Cubes Herbed Orzo Pasta Seasoned Beets Frosted Cake	Oven Fried Chicken Macaroni & Cheese Green Beans Cookies
DINNER						
Shrimp Scampi Orzo Pasta Seasoned Broccoli Vanilla Pudding	Vegetable Quiche Tossed Salad Muffin Fresh Strawberries	Apple Pork Chop Garlic Mashed Potatoes Green Beans Diced Pears	Cheese Ravioli w/ Marinara Seasoned Zucchini Garlic Bread Lemon Poke Cake	Chicken Fried Rice Asian Vegetables Mandarin Oranges	Sloppy Joe on Bun Winter Mix Vegetables Baked Potato Wedges Sherbet	Salmon Patty Parslied Rice Seasoned Zucchini Fruit Mix

WEEK 3

MONDAY (15) October 27	TUESDAY (16) October 28	WEDNESDAY (17) October 29	THURSDAY (18) October 30	FRIDAY (19) October 31	SATURDAY (20) November 1	SUNDAY (21) November 2
BREAKFAST						
Cream of Wheat Breakfast Burrito 100% Juice with Vit. C Fruit Bar	Oatmeal Pork Sausage Links French Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs w/ Peppers Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & 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 Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar
LUNCH						
Italian Crusted Fish Broccoli w/ Cheese Dinner Roll Lemon Bar	Roast Beef Baked Potato Butternut Squash Sherbet	Chicken Cacciatore Penne Pasta Parslied Cauliflower Fresh Strawberries	Battered Fish Potato Wedges Buttered Spinach Mandarin Oranges	Sweet & Sour Chicken Steamed Rice Asian Vegetables Diced Pears	Peppered Pork Loin Mashed Potatoes w/ Gravy Seasoned Carrots Peach Cobbler	Chili w/ Cheese Cornbread Tossed Salad Fruit Mix
DINNER						
Polish Sausage Red Potatoes Sauteed Onions & Peppers Pineapples	Chicken Enchilada Spanish Rice Refried Beans Cinnamon Pears	Honey Glazed Pork Chop Steamed Rice Peas & Pearl Onions Peach Pie	Tomato Basil Soup Grilled Cheese Sandwich Broccoli Onion Salad Cookies	Country Fried Steak Au Gratin Potatoes Brussels Sprouts Tiramisu	Pizza Caesar Salad Breadstick Strawberries	Broccoli Cheese Strata Broiled Tomato Slices Lemon Meringue Pie

WEEK 4						
MONDAY (22) November 3	TUESDAY (23) November 4	WEDNESDAY (24) November 5	THURSDAY (25) November 6	FRIDAY (26) November 7	SATURDAY (27) November 8	SUNDAY (28) November 9
BREAKFAST						
Oatmeal Cheese Omelet Cinnamon Toast 100% Juice with Vit. C Fruit Bar	Cream of Wheat Pork Sausage Patty French Toast 100% Juice with Vit. C Fruit Bar	Oatmeal Waffle Bacon 100% Juice with Vit. C Fruit Bar	Cream of Wheat Scrambled Eggs w/ Cheese Coffee Cake 100% Juice with Vit. C Fruit Bars	Oatmeal Biscuit & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Hash Brown Potatoes Fried Eggs 100% Juice with Vit. C Fruit Bar	Oatmeal Pancakes Pork Sausage Links 100% Juice with Vit. C Fruit Bar
LUNCH						
Shepherd's Pie Mixed Green Salad Biscuit Frosted Chocolate Cake	Meatballs Pasta Seasoned Broccoli Peaches & Creme	Spaghetti w/ Meat Sauce Tossed Salad Garlic Bread Ice Cream	Sweet & Sour Chicken Parslied Rice Asian Vegetables Pineapples	Battered Fish French Fries Coleslaw Peach Cobbler	Baked Ham Sweet Potatoes Brussels Sprouts Cranberry Whip	Savory Roasted Chicken Rice Pilaf Winter Mix Vegetables Caramel Apple Bar
DINNER						
Cornflake Chicken Rice Pilaf Seasoned Zucchini Mandarin Oranges	Salmon Patty Buttered Corn Green Beans Strawberries & Bananas	Deli Meat Sandwich Baked Potato Wedges Relish Plate Brownie	Pizza Breadstick Caesar Salad Sherbet	Chopped Steak w/ Peppers Scalloped Potatoes Peas & Pearl Onions Diced Pears	Egg Salad Sandwich Relish Plate Chips Cookies	Swiss Spinach Bake Marinated Vegetables Muffin Mandarin Oranges