

WEEK 1						
MONDAY (1) September 15	TUESDAY (2) September 16	WEDNESDAY (3) September 17	THURSDAY (4) September 18	FRIDAY (5) September 19	SATURDAY (6) September 20	SUNDAY (7) September 21
BREAKFAST						
Cream of Wheat Cheese Omelet Danish Pastry 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & 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 Fried Eggs Hash Brown Potatoes 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	Soft Beef Taco Spanish Rice Black Bean Salsa Tres Leches Cake	Chicken and Dumplings Mixed Vegetables Dinner Roll Banana Cream Pie	Cheeseburger on a Bun Relish Plate Tater Tots Strawberry Shortcake	Shrimp Alfredo Fettuccine Pasta Green Beans Butterscotch Pudding	Herbed Pork Loin Baked Potato Brussels Sprouts Cookies	Glazed Ham Sweet Potatoes Broccoli Strawberry Rhubarb Pie
DINNER						
Popcorn Shrimp Garden Salad French Fries Fruit Cup	Tuna Salad Sandwich Carrot Raisin Salad Chips Mandarin Oranges	Baked Fish Buttered Corn Seasoned Cauliflower Grapes	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) September 22	TUESDAY (9) September 23	WEDNESDAY (10) September 24	THURSDAY (11) September 25	FRIDAY (12) September 26	SATURDAY (13) September 27	SUNDAY (14) September 28
BREAKFAST						
Oatmeal Waffle w/ Butter & Syrup Scrambled Eggs 100% Juice with Vit. C Fruit Bar	Cream of Wheat Fried Eggs Hash Brown Potatoes 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 & Sausage Gravy 100% Juice with Vit. C Fruit Bar	Cream of Wheat Bagels w/ 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	Roast Turkey Mashed Potatoes Green Peas Brownie	BBQ Pulled Pork on Bun Potato Salad Seasoned Zucchini Angel Food Cake	Chicken & Vegetable Stir Fry Steamed Rice Egg Roll Banana Pineapple Bowl	Macaroni and Cheese Bread with Butter Broccoli Lemon Meringue Pie	Shrimp Alfredo Fettuccine Pasta Green Beans Grapes	Honey Glazed Ham Whipped Sweet Potatoes Brussels Sprouts Pineapples
DINNER						
Philly Cheesesteak Sandwich Tater Tots Sauteed Onions & Peppers Sherbet	Soft Beef Taco Spanish Rice Refried Beans Cookies	Popcorn Shrimp Garden Salad French Fries Diced Peaches	Meatballs w/ Marinara Penne Pasta Peas & Pearl Onions Diced Pears	Salmon Patty Buttered Corn Parslied Cauliflower Mandarin Oranges	Pizza Cucumber Onion Salad Breadstick Ice Cream Sandwich	Egg Salad Sandwich Fresh Spinach Salad Chips Watermelon

WEEK 3

MONDAY (15) September 29	TUESDAY (16) September 30	WEDNESDAY (17) October 1	THURSDAY (18) October 2	FRIDAY (19) October 3	SATURDAY (20) October 4	SUNDAY (21) October 5
BREAKFAST						
Cream of Wheat Scrambled Eggs & Cheese Cinnamon Roll 100% Juice with Vit. C Fruit Bar	Oatmeal Biscuit & Sausage Patty 100% Juice with Vit. C Fruit Bar	Cream of Wheat Fried Eggs Bacon 100% Juice with Vit. C Fruit Bar	Oatmeal Bagel with Cream Cheese Scrambled Eggs 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 Wild Rice Blend Seasoned Carrots Ice Cream	Soft Beef Taco Spanish Rice Black Bean Salsa Tres Leches Cake	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 Cookies	Ham & Cheese Sandwich Relish Plate Chips Peaches and Cream	Turkey Chef Salad Coleslaw Fresh Fruits	Shrimp Alfredo Noodles Capri Blend Vegetables Sherbet	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) October 6	TUESDAY (23) October 7	WEDNESDAY (24) October 8	THURSDAY (25) October 9	FRIDAY (26) October 10	SATURDAY (27) October 11	SUNDAY (28) October 12
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 Chocolate Pudding	Shrimp Alfredo Fettuccine Pasta Broccoli Grapes	Baked Glazed Ham Sweet Potatoes Brussels Sprouts Pineapple Upside Down Cake	Turkey Pot Pie Sauteed Green Beans Dinner Roll Strawberries w/ Whipped Topping	Battered Fish Tater Tots Coleslaw Angel Food Cake	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	Soft Beef Taco Spanish Rice Refried Beans Cookies	Chicken Salad Sandwich Relish Plate Chips Ice Cream	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