

SPRING/SUMMER 2016 WEEK NO. 4 DATES: 5/22-5/28, 6/19-6/25, 7/17-7/23, 8/14-8/20, 9/11-9/17, 10/9-10/15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Scrambled Egg 2 Toast/butter spread/jelly 1 hash brown potato	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Hard Boiled Egg 1 Toast/butter spread/jelly 1 Donut	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 2 Pancakes butter spread / maple syrup ½ c Strawberries	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Hard Boiled egg 2 Toast/butter spread/jelly	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Scrambled Egg 2 Toast/butter spread/jelly	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Hard Boiled egg 1 Toast/butter spread/jelly 1 breakfast pastry	4oz Orange or Juice Variety 1c Hot or ¾c Cold Cereal 1 Scrambled egg 2 Toast/butter spread/jelly
4oz Juice variety 3oz Roast Turkey w/ gravy ½ c Fresh Mashed Potatoes 1/3c Bread Stuffing ½c Peas Cranberry sauce garnish 1/10 slice Pumpkin Pie w/ Cream & cinnamon Alternate: 3oz Pork Gravy	4oz Juice variety 1c Tossed Salad w dressing 1c Spaghetti ½ c Meat sauce ½c Italian blend vegetables Parmesan cheese 1 piece Garlic Bread ½ c Jell-O Alternate: 3oz Turkey	4oz Juice variety 6oz chicken pot pie in Pie shell (chicken, potato, carrots, Celery garnish w/ peas) 1 slice Pound cake Alternate: Stuffed Shells	4oz Juice variety 1 c Tossed Salad w/dressing 3oz Meatloaf w/ gravy ½c Fresh Whipped Potatoes ½c Beets 1/10 slice Fruit Filled Pie Alternate: 3oz Chicken	4oz Juice variety 3oz Cheeseburger on roll Lettuce tomato onion Corn on the cob ½ c French fried potato Mayo & ketchup 1 slice Melon Alternate; 2oz Hot dog Mustard relish	4oz Juice variety Fish & Chips 3oz breaded cod ½ c Sweet potato Fries ½ c coleslaw tartar sauce /Lemon ½c Lemon Pudding w/ cream & sprinkles Alternate: 3oz Meatloaf ½ c Mashed/gravy ½ c veg	4oz Juice variety 3oz Kielbasa on roll w/ Sauerkraut/mustard ½c potato salad ½ c carrot raisin salad Country Apple Dessert w/ Cream 3"x3" Alternate: 3oz Baked Fish
4oz Juice variety Monte Cristo Sandwich 2oz Grilled Ham & Cheese On 2 Slices French toast ½ c Fruit garnish Honey mustard 1 Home-Baked Cookie Alternate: 1/2c Tuna salad plate w lettuce, tomato & crackers & ½ c fruit	4oz Juice variety 3oz Chicken sandwich On soft roll w/ lettuce 1oz ranch dressing Potato chips 1 Choc cupcake w/frosting Alternate: ½ c Ham & pickle on 2 sly ww bread Potato chips ½ c fruit	4oz Juice variety 3oz Fish Sticks 1 slice Brown Bread w/ Raisins & butter spread ½ c Baked beans Tartar sauce & ketchup ½ c Ice cream Alternate: 2oz Hot Dog/roll Mustard/relish	4oz Juice variety 6oz Home style chicken Soup w/crackers 2oz Bologna & Liverwurst Sandwich on 2 whole wheat ½ c Fruit garnish Mustard ½ c Pudding w/ cream Alternate: 2oz Turkey sandwich On white/mayo	4oz Juice variety 2 Slice French Toast 2 sausage links Maple syrup/butter spread ½ c Yogurt fruit cup Alternate: ½ c cottage cheese 1/2c fruit 2 pk crax	4oz Juice variety 6oz New England Clam Chowder w/ oyster crackers 1/3c Tuna salad Sandwich On 2 whole wheat bread ½ c Lettuce & tomato ½ c Jell-O Alternate: 1/2c Chicken Salad plate w/ let, tomato & roll	4oz Juice variety 3oz Philly steak & cheese On soft grinder roll ½ c French fries ketchup ½c Peaches Alternate: 3oz Salami & cheese on roll

- Coffee, Tea, Decaf Available At All Meals
- 8oz Milk at Breakfast 4oz Milk at Dinner and Supper
- 2 pm & HS Nourishments Offered