

SAMPLE MENU

MONDAY

BREAKFAST

Apple Juice
Oatmeal
Branflakes
Pancakes/Syrup
Bacon
Fruit Cocktail
Milk

DINNER

Tomato Soup
Grilled Cheese
Corn
Tropical Fruit
Milk

SNACK

Yogurt
Breadsticks
Water

TUESDAY

BREAKFAST

Cranberry Juice
Cream of Wheat
Cheerios
Hard Boiled Egg
Toast
Milk

DINNER

Stuffed Pepper
Mashed Potatoes
Bread
Corn
Mandarin Oranges
Milk

SNACK

Nutrigrain Bar
Milk

WEDNESDAY

BREAKFAST

Orange Juice
Oatmeal
Cornflakes
Hard Boiled Egg
Bran Muffin
Applesauce
Milk

DINNER

Pork Roast
Parslied Potatoes
Sweet/Sr Red Cabbage
Dinner Roll
Canned Pears
Milk

SNACK

Graham Crackers
Peanut Butter
Juice/Milk

THURSDAY

BREAKFAST

Apple Juice
Cream of Rice
Golden Grahams
Sausage Links
Waffle w/Syrup
Banana
Milk

DINNER

Beef Stew
Biscuit
Fruit Garnish
Tossed Salad w/Dressing
Grapes
Milk

SNACK

Banana
Crackers
Milk

FRIDAY

BREAKFAST

Cranberry Juice
Oatmeal
Cheerios
Toast
Scrambled Egg
Prunes
Milk

DINNER

Tilapia Fish
Hashbrown Casserole
Stewed Tomatoes
Bread
Tartar Sauce
Canned Peaches
Milk

SNACK

Cut Fruit
Crackers
Water
Milk