

4wk/ #1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Cinnamon Biscuits	Sausage	Hard Boiled Eggs	Grits	Biscuits	Pancakes
		baked oatmeal	Cinnamon Toast	French Toast Sticks	Scrambled Eggs	ham	Hashbrowns
		scrambled eggs	Apples	Oatmeal	Bacon	Home fries	Bacon
		jelly		raisins and brown sugar	toast and jelly	Cream of wheat	syrup
		fruit	orange juice	fruit	fruit	apple juice	fruit
		Homemade granola	Homemade granola	Homemade granola	Homemade granola	Homemade granola	
		plain yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	yogurt
		cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	
LUNCH		Chicken fingers	Philly Steak subs	taco meat	Grilled chicken sandwich	Barbecue	Homemade Pizza
		potato chips	sub rolls	lettuce, tomato, onion	sliced cheese	Curly fries	pasta salad
		pasta salad	Macaroni and cheese	sour cream, guacamole	tater tots	cole slaw	Pears
			grilled onion and peppers	tortilia chips	pickle and onion	hushpuppies	
			cheese	black beans	Lettuce and tomato	Baked beans	
				flour shells	condiments	pineapple	
		cottage cheese	cottage cheese	cottage cheese	cottage cheese	cottage cheese	
		peaches	carrot raisin salad	fresh fruit salad	pineapple slices		
		salad bar	tossed salad	spinach salad	Caesar salad	salad bar	tossed salad
		Red white& blue popcycles	Rice Krispy Treats	brownies	ice cream sandwiches	watermelon	Strawberry Shortcake
		sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly
		tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER		Spaghetti	Baked chicken	Pork roast	Roast Beef	Lasagna	Cold cut sandwiches
		Meat, marinara alfredo	rice and gravy	Sweet potato casserole	Homemade Mashed Potat	Vegetarian Lasagna	turkey, salami, ham
		corn	peas and carrots	Fresh green beans	canned green beans	corn	cheese, pickle, onion
		Broccoli casserole	spinach casserole	pesto pasta	gravy	steamed broccoli	lettuce and tomato
					Sauteed spinach		chips
							potato salad
	Vegetarian		red beans and rice	spinach tom moz couscous			
		salad bar	salad bar	salad bar	salad bar	salad bar	pea salad
		garlic toast	rolls	cornbread	Rolls	garlic bread	sub rolls
		pound cake 4th of July	caramel bars	Fruit cobbler	Cheesecake	Ice cream sundaes	boxed cookies
		milk	milk	milk	milk	milk	sodas
	SNACK		Soft Pretzels	Cookies	ice cream cup	Cheese and crackers	Chex mix
		fruit	fruit	graham cracker	fruit	fruit	
		milk	milk	fruit	milk	milk	

4wk/ wk#2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Krispy Kreme donuts	smoked sausage	Waffle sticks	Cinnamon Toast	Bagels	Biscuits	pancakes
	hard boiled eggs	scrambled eggs	oatmeal	Apples	scrambled eggs	Sausage	bacon
	Potato Casserole	grits	Bacon	sausage	homefries	grits	hashbrowns
		toast	hard boiled eggs			hard boiled eggs	
	fruit	juice	fruit	juice	fruit	fruit	fruit
	yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	yogurt
		Homemade granola	Homemade granola	Homemade granola	Homemade granola	Homemade granola	
	cereal	cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	milk
LUNCH	Roast Beef	Tortilla Soup	Chicken Fillet Sandwich	Sloppy Joes	Grilled Chix Caesar Wrap	Chili	Homemade pizza
	mashed potatoes	Egg and chicken Salad	chips	seasoned fries	Broccoli and cheese soup	Macaroni and Cheese	Corn
	gravy	tomato basil soup	lettuce and tomato	veggie burgers	cheese toast	Layered mexican dip	peaches
	beans and rice	onion rings	pickles		smiley fries	with corn chips	
		cottage cheese	cottage cheese	watermelon	cottage cheese	Corn dogs	
		pears	peaches		fresh fruit salad	pineapple	
	salad bar	salad bar	salad bar	salad bar	salad bar	salad bar	salad bar
	Rolls		Broccoli salad	napa cabbage salad			
dessert	Chocolate cake	Oatmeal Cookies	Vanilla Pudding	Brownies	Jello	caramel bars	Ice cream treat
	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly
	milk	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER	Hamburgers	Meatloaf	Pasta bar	Turkey	Ham	Beef tips and gravy	Taco in a bag
	Hotdogs	Rice	Corn	Homemade Mashed potato	corn pudding	Pasta	all the fixins
	Veggie burgers	Carrots, broccoli, Zuch	spinach Casserole	gravy	Broccoli with cheese sauce	Squash casserole	Fritos 2 bags each
	lettuce, tomato, cheese	onion pepper mushrooms	Edamame	stuffing	Sweet potatoes with Marsh	Steamed broccoli	
	chips	Peas		green beans	Fried okra		
			**	**		Vegetarian??	
		salad bar	salad bar	salad bar	salad bar	salad bar	greek salad
bread	buns	bread sticks	rolls	rolls	rolls	ice cream sundaes	Sub rolls
dessert	candy bars	Banana Pudding	Spice cake	Lemon Bars	fruit cobbler	fortune cookie	boxed cookies
	Punch		milk		milk	milk	sodas
SNACK		soft pretzels	Cookies	ice cream cup	Cheese and crackers	Chex mix	
		fruit	fruit	graham cracker	fruit	fruit	
		milk	milk	fruit	milk	milk	

4wk? Wk#3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Blueberry bread	English Muffins	Grits	Hard Boiled Eggs	Sausage	Biscuits	Pancakes
	Hard boiled eggs	Cream cheese	Scrambled Eggs	French Toast Sticks	Coffee cake	Ham	Hashbrowns
	Oatmeal	scrambled eggs	Bacon	Oatmeal	Apples	Home fries	Bacon
		jelly	toast and jelly	raisins and brown sugar		hard boiled eggs	syrup
	fruit	fruit	fruit	fruit	orange juice	apple juice	fruit
	Homemade granola						Homemade Granola
		plain yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	yogurt
	cereal	cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	milk
LUNCH	Fried Chicken	Chicken finger wraps	Philly steak subs	Meatball subs	Grilled chicken Sandwich	taco meat	Homemade pizza
	Homemade Mashed potato	tortilla shells	chicken and rice soup	sub rolls	tater tots	lettuce, tomato, onion	Fries
	gravy	lettuce, tomato, onion	Cheese, peppers, onion	Sweet potato fries	sliced cheese	sour cream, guacamole	canned fruit
	Green beans	chips	Spinach salad with apples and cranberries	Macaroni salad	pickle and onion	flour shells/tortilla chips	
					Lettuce and tomato	Black beans	
				tomatoes celery seed dsg	Napa cabbage salad	spinach salad	
					cottage cheese	cottage cheese	
	Rolls	tomato, onion, cucumber		fresh fruit salad	pineapple slices	watermelon	
	salad bar	salad bar	salad bar	salad bar	salad bar	tossed salad	salad bar
	Gingerbread	Brownies	Oatmeal cookies	Chocolate Chip Cookies	Ice cream sandwiches	watermelon	Fudge Cicles
	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly
	milk	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER	Hamburgers	Baked chichen	Pork Roast	Chicken alfredo	Hamburger Steak	Lasagna	Cold cut sandwiches
	Hotdogs	rice and gravy	Sweet potato casserole	pasta	Homemade Mashed potato	Vegetarian Lasagna	turkey, salami, ham
	Veggie burgers	stuffing	Green beans steamed	carrots and broccoli		corn	cheese, pickle, onion
	lettuce, tomato, cheese	spinach casserole	red beans and rice	Asparagus / Hollandaise	Fried Zuchinni	Brussell sprouts	lettuce and tomato
	onion pickle						
	chips	salad bar	salad bar	salad bar	salad bar	salad bar	chips
	buns	rolls	corn bread	bread sticks	Rise bread	garlic bread	sub rolls
	candy bars	Chocolate pound cake	Cheesecake	Strawberry shortcake	Apple Crisp	Ice cream sundaes	boxed cookies
	Punch	milk	milk	milk	milk	milk	sodas
SNACK		soft pretzels	cookies	ice cream cup	Cheese and crackers	Chex mix	
		fruit	fruit	graham cracker	fruit	fruit	
		milk	milk	fruit	milk	milk	

4 wk/ wk#4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cinnamon Biscuits	smoked sausage	Hard boiled eggs	Cinnamon Toast	English Muffins	Biscuits	pancakes
	hard boiled eggs	scrambled eggs	Baked oatmeal	Apples	scrambled eggs	Sausage	bacon
	Potato casserole	grits	Bacon	sausage	homefries	grits	hashbrowns
		toast			cream of wheat		
	fruit	juice	fruit	juice	fruit	fruit	fruit
	yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	yogurt
	Homemade granola						Homemade granola
	cereal	cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	milk
LUNCH	Turkey	Chicken Club Sand	BBQ chicken and pork	Tomato Basil soup	Vegetable Soup	Sloppy Joes	Parents day
	Mashed potatoes/gravy	French fries	Baked beans	Smiley fries	Corn dogs	chicken and egg salad	Cold cuts
	Stuffing	pasta salad	Hushpuppies	Fresh fruit salad	Chicken wings	tater tots	lettuce and tomato
	Green beans	bacon	Cole slaw	BLT sandwiches	Cheese toast	peaches & cottage cheese	fruit salad
		cheese slices		lettuce tomato			chips
		pears & cottage cheese	pineapple/cottage cheese		saltine crackers	saltine crackers	condiments
	Rolls	spinach salad				bread	bread
	salad bar	salad bar	salad bar	tossed salad	salad bar	salad bar	
	Chocolate pudding	Popsicles	Brownies	Snickerdoodles	Rice Krispy Treats	Ice cream sandwiches	cookies and brownies
	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	sunflower butter and jelly	
	Milk	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER	Hamburgers	BBQ chicken	Meatloaf	Ham	Turkey and rice and gravy	Fried chicken	
	Hotdogs	Broccoli	Homemade Mashed potato	Fried okra	steamed carrots	Steak fries	
	Veggie burgers	Rice	Peas	Broccoli casserole	Broccoli	green beans	
	lettuce, tomato, cheese	Black bean, rice cheese		Lima beans		vegetable tray	
	pickle, onion		Fried mushrooms	Buttered Pasta	?? Vegetarian		
	chips						
		salad bar	salad bar	salad bar	salad bar		
bread	buns	rolls	corn bread	Herb biscuits	rolls	biscuits Lots!!	
dessert	candy bars	yellow cake	Apple Crisp	Carrot Cake	Key lime bars	Ice cream cake	
	milk	milk	milk	milk	milk	milk	
SNACK		soft pretzels	cookies	ice cream cup	cheese and crackers	Chex mix	
		fruit	fruit	graham cracker	fruit	fruit	
		milk	milk	fruit	milk	milk	