

3 wk/ wk #1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Blueberry bread	Bagels & cream cheese	Sausage	Hard Boiled Eggs	Grits	Biscuits	Pancakes
	Hard boiled eggs		Cinnamon Toast	French Toast Sticks	Scrambled Eggs	Sausage	Hashbrowns
	Oatmeal	scrambled eggs	Apples	smoked sausage	Bacon	Home fries	Bacon
	yogurt	jelly	Oatmeal	Cream of wheat	toast and jelly	Hard Boiled eggs	syrup
	fruit	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
			raisins and brown sugar				
	cereal	cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	milk
LUNCH	Chicken fingers	Tomato soup	Philly Steak subs	taco meat	Grilled chichen sandwich	Barbecue	Homemade Pizza
	Potato Chips	Chicken and Dumplings	sub rolls	lettuce, tomato, onion	tater tots	Curly fries	pasta salad
	pasta salad		Macoroni and cheese	sour cream, guacamole	veg burgers or =	cole slaw	canned fruit
	Special Salad	Grilled Cheese Sand	grilled onion and peppers	tortilia chips	pickle and onion	hushpuppies	
			cheese	black beans	Lettuce and tomato	baked beans	
		saltine crackers		flour shells	condiments	pineapple	
	cottage cheese		cottage cheese	cottage cheese	cottage cheese	cottage cheese	
sp salad	peaches	Apple waldorf salad	carrot raisin salad	fresh fruit salad	Cheese slices		
	salad bar	salad bar	tossed salad	spinach salad	Caesar salad	salad bar	salad bar
dessert	chocolate chip cookies	brownies	Rice Krispy Treats	cookie bars	ice cream sandwiches	watermelon	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
	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER	Spaghetti	Baked chicken	Pork Roast	Chicken alfredo	Roast Beef	Lasagna	Cold cut sandwiches
	Meat, marinara alfredo	rice and gravy	Sweet potato casserole	pasta	Homemade Mashed Potat	Vegetarian Lasagna	turkey, salami, ham
	corn	steamed squash & onion	Green beans steamed	steamed carrots/broccoli	canned green beans	corn	cheese, pickle, onion
		spinach casserole	cranberry apple compote	asparagus	Fried okra	steamed broccoli	lettuce and tomato
							chips
extra							potato salad
vegetarian		?	red beans and rice	?			
salad	salad bar	salad bar	salad bar	salad bar	salad bar	salad bar	pea salad
bread	texas toast	rolls	corn bread	Garlic Bread sticks	rolls	Red Lobster Biscuits	sub rolls
dessert	yellow cake	Apple cobbler	Lemon bars	chocolate cupcakes	Banana pudding	Ice cream sundaes	boxed cookies
	milk	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	

3wk/ wk#2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Krispy Kreme donuts	smoked sausage	Baked French Toast	Cinnamon Toast	Coffee cake	Biscuits	pancakes
	hard boiled eggs	scrambled eggs	oatmeal	Apples	scrambled eggs	Sausage	bacon
	Oatmeal	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
		granola	granola	granola	granola	granola	
	cereal	cereal	cereal	cereal	cereal	cereal	cereal
	milk	milk	milk	milk	milk	milk	milk
LUNCH	Fried Chicken	Chicken Tortilla Soup	Chicken Fillet Sandwich	Sloppy Joes	Chicken Caesar Wraps	Meatball subs	Homemade Pizza
	Rice and gravy	Tuna and Egg Salad	chips	french fries		sub rolls	Corn
	Stuffing	onion rings	pickles	Veggie burgers	Cheese toast	Tater tots	canned fruit
	Green beans	Buffalo Wings	lettuce and tomato	Mac and cheese	Sweet potato Fries		
sp salad		Broccoli salad	Cheese	cabbage salad	tomato/cucumber/onion		
		cottage cheese	cottage cheese	cottage cheese	cottage cheese	cottage cheese	
		pears	peaches		fresh fruit salad	pineapple	
	salad bar	salad bar	spinach salad	salad bar	salad bar	Greek salad	
	Rolls					tossed salad	tossed salad
dessert	Yellow cake	oatmeal cookies	Chocolate Pudding	watermelon	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
	milk	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade	tea and lemonade
DINNER	Hamburgers	Ham	Baked Spaghetti	Baked Chicken	Sliced turkey		"Taco in a bag"
	Hotdogs	Sweet potato casserole	corn	Rice and gravy	mashed potatoes		Taco meat
	Veggie burgers	Steamed green beans	Spinach Casserole	Canned green beans	gravy		Fritos
	lettuce, tomato, cheese	Eggplant Parmesean	Baby Limas	Baked Chicken	Fried zucchini		lettuce and tomato
	Onion Pickle				Broccoli		Chhese
extra	pasta salad						Salsa Guac Sour cream
vegetarian	chips	?	?		?		greek salad
salad		salad bar	salad bar	salad bar	salad bar	salad bar	
bread	buns	rolls	Garlic Toast	Rolls	bread sticks	ice cream sundaes	
dessert	candy bars	Trey's cobbler	Strawberry Shortcake	Gingerbread	carrot cake	fortune cookie	Boxed cookies
	Punch	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	

3wk/ wk#3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Cinnamon Biscuits 2 ea	Bagels	Sausage	Hard Boiled Eggs	Grits	Biscuits	
	Hard boiled eggs	Cream cheese	Cinnamon Toast	French Toast Sticks	Scrambled Eggs	Sausage	
	Potato Casserole	scrambled eggs	Apples	oatmeal	Bacon	Home fries	
		jelly		raisins and brown sugar	toast and jelly	Cream of wheat	
	fruit	fruit	orange juice	fruit	fruit	apple juice	
		Homemade granola	Homemade granola	Homemade granola	Homemade granola	Homemade granola	
		plain yogurt	plain yogurt	plain yogurt	plain yogurt	plain yogurt	
	cereal	cereal	cereal	cereal	cereal	cereal	
	milk	milk	milk	milk	milk	milk	
LUNCH	Lasagna	Chicken wings	taco meat	Hamburgers	BBQ	Cold cuts	
	veg lasagna	Mac and cheese	lettuce, tomato, onion	Veggie burgers	Baked beans	lettuce and tomato	
		Chili	sour cream, guacamole	french fries	Hushpuppies	chips	
	peas and carrots	Veg chili	tortilia chips	pickle, onion	Cole slaw	fruit salad	
			black beans	lettuce, tomato, cheese			
			flour shells			condiments	
sp salad			cottage cheese	tomato,cucumber,onion		bread	
	Rolls	canned fruit	fresh fruit salad	in celery seed dressing			
	salad bar	salad bar	spinach salad	tossed salad	salad bar		
	Brownies	sugar cookies	ice cream sandwiches	jello	popsicles	cookies and brownies	
		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	
DINNER	Hamburgers/ Hotdogs	Spaghetti	Roast beef	Pork Roast	Fried Chicken		
	Veggie Burgers	Steamed Broccoli	Green Beans	Sweet potatoes	Steak Fries		
	Lettuce Tomato Cheese	corn	Roasted onions,squash	Broccoli with Cheese	Green Beans		
	Pickle onion		mushrooms, peppers	Beans and Rice casserole			
	Chips		Rice and gravy	Asparagus			
vegetarian			?	?	?		
salad	potato salad	salad bar	salad bar	salad bar			
bread	buns	texas toast	rolls	Red Lobster Biscuits	Biscuits		
dessert	Candy Bars	yellow cake	Apple crumble	Banana Cake/frosting	Ice Cream Cake		
	milk	milk	milk	milk	milk	milk	
SNACK		soft pretzels	cookies	ice cream cup	Cheese and crackers		
		fruit	fruit	graham cracker	fruit		
		milk	milk	fruit	milk		