


MENU CYCLE SUMMER WEEK 1

DATE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE GRITS CHEESE OMLET OR PLAIN OMLET COFFEE CAKE OR PLAIN DONUT MILK COFFEE / TEA	ORANGE JUICE OATMEAL HARD BOILED SCRAMBLED EGG BLUEBERRY MUFFIN MARGARINE MILK/COFFEE/TEA	ORANGE JUICE FARINA FRENCH TOAST SYRUP BACON MARGARINE MILK COFFEE / TEA	ORANGE JUICE CRM OF RICE SCRAMBLED EGG HARD BOILED LARGE ROLL MARGARINE MILK COFFEE / TEA	ORANGE JUICE GRITS PANCAKES SYRUP SAUSAGE PATTY MARGARINE MILK COFFEE / TEA	ORANGE JUICE OATMEAL HARD BOILED SCRAMBLED EGG HASHBRN PATTY MARGARINE MILK COFFEE / TEA	ORANGE JUICE CRM OF WHEAT SCRAMBLED EGG HARD BOILED LARGE ROLL MARGARINE MILK COFFEE / TEA
L U N C H	VEGET. SOUP ROAST TURKEY GRVY/CRANB SC BREAD STUFFING BROCCOLI WHEAT BREAD MARGARINE ASST PIE MILK COFFEE / TEA	ONION SOUP MEAT TORTELLINI W/ CRM TOMATO SC ITAL GRN BEANS ITAL BREAD MARGARINE ASST COOKIES MILK COFFEE / TEA	CHICK NOODLE PULLED PORK BBQ SAUCE HAWAIIAN ROLL HEALTH SLAW CORN ON COB MARGARINE APPLESAUCE MILK COFFEE / TEA Alt Veg: Carrots	CRM VEG SOUP CHUNKY BEEF BOLOGNESE SPIRAL PASTA TOSSED SALAD DRESSING GARLIC ROLL MARGARINE PEACH MILK/COFFEE/TEA Alt Veg: Mix Veg.	NE CLAM CHOWD. TURK PASTRAMI ON RYE 1000 ISL DSG. PICKLE SPEAR COLESLAW ASST. CAKE MILK COFFEE / TEA Alt Veg: Grn Bean	SPLIT PEA SOUP SEAFOOD ROLL CUCUMBER SALAD CHOCOLATE PUDDING MILK COFFEE / TEA	CHICK PASTINA SUPREME PIZZA MARINATED CALIF BLEND SALAD SHERBET MILK COFFEE / TEA
D I N E R	SWEDISH MTBLS BROWN GRAVY RICE CARROTS WHITE BREAD MARGARINE GREEN JELLO W/ CREAM MILK COFFEE/TEA	ROSEMARY BAKED CHICKEN GRAVY ROASTED POT. GARLIC SPINACH RYE BREAD MARGARINE TROP. FRUIT MILK COFFEE / TEA	BREADED VEAL BROWN GRAVY RICE PILAF HARVARD BEETS WHITE BREAD MARGARINE ICE CREAM MILK COFFEE / TEA	BRDED FLOUNDER BK FISH, LEMON TARTAR SC, BROWN RICE ZUCCHINI W/ TOMS / ONIONS RYE BREAD MARGARINE FRUIT CRISP MILK COFFEE / TEA	ITALIAN SWEET SAUSAGE PEPPER/ONION HONEY MUST SC RED POTATO ITAL BREAD MARGARINE PEARS MILK COFFEE / TEA	CHICK TENDERS SWT N SOUR SC SWT POT FRIES GREEN BEANS RYE BREAD MARGARINE HONEYDEW MELON MILK COFFEE / TEA	CRANBERRY JC. HAMBURGER ON ROLL FRENCH FRIES KETCHUP X2 LETT/TOM/ONION PICKLE APRICOTS MILK COFFEE / TEA
ALTE R	NATES: LIVERWURST/RYE COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--LETT/TOM ONION / PICKLE GRILLED CHEESE	HAM ON WHEAT COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--LETT/TOM ONION / PICKLE GRILLED CHEESE	TURKEY SLD PLATTER COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--LETT/TOM ONION / PICKLE GRILLED CHEESE	PEANUT BUTTER & JELLY / FRUIT COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--LETT/TOM ONION / PICKLE GRILLED CHEESE	EGG SLD / WW LETT/TOM/ONION COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--LETT/TOM ONION / PICKLE GRILLED CHEESE	BOLOGNA/WHEAT COTTAGE CHSE FRUIT PLATE HAMBURGER ON ROLL--KETT/TOM ONION / PICKLE GRILLED CHEESE	TUNA PLATTER COTTAGE CHSE FRUIT PLATE CHICKEN POT PIE GRILLED CHEESE
...	All Cold Cuts (except Salami and Liverwurst) are low fat, low sodium items.						
...	All salads (chicken, egg, turkey, tuna) are made with low fat mayonnaise.						
...	All Soups are low sodium and are reduced in fat.				*** A  Denotes healthier food item.		