

MENU CYCLE WEEK SUMMER WEEK 2

DATE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	ORANGE JUICE GRITS PLAIN OMLET CROISSANT OR TOAST MARGARINE MILK COFFEE / TEA	OATMEAL HARD BOILED SCRAMBLED EGG BANANA MUFFIN MARGARINE MILK COFFEE / TEA	FARINA SCR. EGG PATTY SAUSAGE PATTY ENGLISH MUFFIN MARGARINE MILK COFFEE / TEA	CREAM OF RICE CORN BEEF HASH SCRAMBLED EGG BISCUIT MARGARINE MILK COFFEE / TEA	GRITS PANCAKES SYRUP BACON MARGARINE MILK COFFEE / TEA	OATMEAL HARD BOILED SCRAMBLED EGG CORN MUFFIN MARGARINE MILK COFFEE / TEA	CRM OF WHEAT SCRAMBLED EGG HARD BOILED LARGE ROLL MARGARINE MILK COFFEE / TEA
L U N C H	 BEEF BARLEY BAKED CHICKEN GLAZED SWT POT ASPARAGUS DINNER ROLL MARGARINE ASSORTED PIES MILK COFFEE / TEA	PASTA FAGIOLI APPLE JUICE CHEESE BLINTZE BLUEBERRY SCE SOUR CREAM WHEAT BREAD MARGARINE ASSORTED CAKE MILK COFFEE / TEA	CHICK VEGGIE SEAFD IN SAUCE OVER PASTA VEGET. MEDLEY RYE BREAD MARGARINE MIXED FRT TART MILK COFFEE / TEA	NAVY BEAN SOUP CHICK CAESAR SALAD W/ DSG BREAD STICKS MARGARINE ASST. COOKIES MILK COFFEE / TEA Alt Veg:Grn Bean	TOMATO SOUP BEER BRAISED BRATS W/ SAUTEED ONION GERM POT SLD GERM BL VEG. PUMPERNICKEL MARGARINE WATERMELON MILK COFFEE / TEA	CRM OF BROCC TERIYAKI CHICK RICE CHINESE VEGGIE WHITE BREAD MARGARINE PINEAPPLE MILK COFFEE / TEA	CORN CHOWDER BEEF POT PIE BROCCOLI WHEAT BREAD MARGARINE YOGURT CAKE MILK COFFEE / TEA
D I N N E R	BBQ RIBAQUE ON HERO ROLL GREEN BEANS ICE CREAM MILK COFFEE / TEA	PEPPER STEAK PEPPER/ONION RICE WHITE BREAD MARGARINE FRUIT COCKTAIL MILK COFFEE / TEA Alt Veg:Grn Bean	PORK CHOPS GRAVY STUFFING CARROTS WHEAT BREAD MARGARINE CHERRIES MILK COFFEE / TEA	VEAL PARMESAN TOMATO SAUCE PASTA ITAL GRN BEANS ITAL BREAD MARGARINE FRESH FRUIT MILK COFFEE / TEA	MEATLOAF W/ GRAVY CORN ON COB CRM SPINACH WHEAT BREAD MARGARINE PEACHES MILK COFFEE / TEA	FISH AND CHIPS BAKED FISH TARTAR SAUCE KETCHUP COLESLAW RYE BREAD MARGARINE JELLO W/ CREAM MILK COFFEE / TEA Alt Veg: Carrots	YUMBO--hot ham & american on hamburger roll CUCUMBER SLD. HONEYDEW MELON MILK COFFEE / TEA
ALTERNATES:	LIVERWURST/RYE	TURKEY SLD PLATTER	HAM / RYE	SALAMI ON RYE MUSTARD	CRM CHEESE JELLY / RAISIN	BOLOGNA/WHEAT	TUNA PLATTER
	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK.	TURKEY BURGER ON ROLL--LETT TOM/ONION/PICK
	MEATBALL HERO	MEATBALL HERO	MEATBALL HERO	MEATBALL HERO	MEATBALL HERO	MEATBALL HERO	MEATBALL HERO
	GRILLED CHEESE	GRILLED CHEESE	GRILLED CHEESE	GRILLED CHEESE	GRILLED CHEESE	GRILLED CHEESE	GRILLED CHEESE
...	All Cold Cuts (except Salami and Liverwurst) are low fat, low sodium items.				*** All Gravies and Sauces are low salt.		
...	All salads (chicken, egg, turkey, tuna) are made with low fat mayonnaise.						
...	All Soups are low sodium and are reduced in fat.				Denotes healthier food item		