

3	4	5	6	7	8	9
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Fried Egg	Pancakes	Biscuit & Sausage Gravy	Ham & Cheese Casserole	Waffles	Hard Boiled Eggs	Cheese Omelet
Bacon	Sausage Links	Scrambled Eggs	Toast	Turkey Links	Canadian Bacon	Sausage Patty
Toast	Syrup	Margarine	Jelly	Syrup	Toast	Donut
Jelly/Margarine	Margarine		Margarine	Margarine	Jelly/Margarine	Margarine
Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
10 AM Snack						
Assorted Snacks/Beverages						
Lunch						
Goulash	Chicken & Dumplings	Meatloaf	Breaded Pork Chop	Baked Chicken Breast	Dill Glazed Salmon	Roasted Turkey w/ Gravy
Mixed Vegetables	Peas	Mashed Potatoes w/ Gravy	Rice Pilaf	Garlic Mashed Potatoes	Garden Rice Blend	Au Gratin Potatoes
Garlic Bread	Bread	Asparagus	Broccoli	Corn	Stewed Tomatoes	Cali Vegetable Blend
		Roll	Roll	Bread	Roll	Roll
Margarine	Margarine	Margarine	Margarine	Margarine		
Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert
3 PM Snack						
Assorted Snacks/Beverages						
Dinner						
Grilled Ham & Cheese Sandwich	Meatballs w/ Gravy	Vegetable Beef Soup	Braised Beef Tips	Cheeseburger On Bun	Pepperoni Pizza	Breaded Chicken Patty On Bun
Sweet Potato Fries	White Rice	Crackers	Egg Noodles	French Fries	Breadstick	Hashbrowns
Tomato Slices	Green Beans	Chicken Salad	Carrots	Lima Beans	Cheese Sauce	Coleslaw
		Croissant			Green Beans	
Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert	Asst Dessert
Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
8 PM Snack						
Assorted Snacks/Beverages						
WEEK 1 F/W 12/3/18-12/9/18						