

WEEK # 1

Menu 2019

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| Breakfast Menu Items For The Week | | | | | | |
|--|-----------------------------|-------------------------------|------|-------------------------------|-------------------|---|
| Oatmeal Cold Cereal Cream of Wheat | Eggs Any Style Bacon | Toast Assorted Muffins | Milk | Assortment Of Fruit Juices | Tea Coffee | 1/2 Grapefruit 1/2 Orange Bananas |

| | 4-Nov MONDAY | 5-Nov TUESDAY | 6-Nov WEDNESDAY | 7-Nov THURSDAY | 8-Nov FRIDAY | 9-Nov SATURDAY | 10-Nov SUNDAY |
|----------------------------|---------------------------------|---------------------------|---------------------|--------------------|--------------------------|---------------------------|---|
| D I N N E R | Vegetable Beef Soup | Minestrone Soup | Chicken Noodle Soup | Vegetable Soup | Rice Soup | Cream of Broccoli | Chicken Noodle Soup |
| | Pork Chops In Mushroom Sauce | Baked Fish White Sauce | Chicken Finger | Shepherds Pie | Grilled Fish | Shake and Bake Chicken | Roast Beef / Gravy Mashed or Baked Potatoes |
| | Mashed Potatoes | Mashed Potatoes | Mashed Potatoes | | Mashed potatoes | Mashed potatoes | Parsnips |
| | Cauliflower | Carrots | Green Beans | Peas | Broccoli | Carrots | |
| | Jello / Whipped Cream | Peaches | Cookies | Strawberries | Squares | Baked Custard | Pie |
| S U P P E R | Vegetable Beef Soup | Minestrone Soup | Fish Chowder | * | * | Cream of Broccoli | Chicken Noodle Soup |
| | Hot Chicken Sandwich PomPom | Mini Sub | Biscuits | Vegetable Soup | Rice Soup | Pancakes Ham | Fish Burger |
| | | Orzo Salad | | Chicken fried rice | Sloppy Joe on 1/2 bun | | Home Fries |
| | Fruit Cocktail | Lemon Tarts | Cottage Pudding | Egg Rolls | Troical Fruit Salad | Lemon Loaf | Vanilla Pudding |
| | Mandarin Orange | | | | | | |

Menu may change without notice

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|---------------|-----------|---------------------------------------|-------|------|---------------|---------|
| HS Snack Menu | | Social tea or Arrowroot Cookies | | | | |
| Cookies | Nutri Bar | Cookies | Toast | Cake | Frozen Yogurt | Cookies |