

WEEK # 3

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

	18-Nov MONDAY	19-Nov TUESDAY	20-Nov WEDNESDAY	21-Nov THURSDAY	22-Nov FRIDAY	23-Nov SATURDAY	24-Nov SUNDAY
D I N N E R	Cream of Mushroom Liver and Onion Yellow Beans Pears	Barley Soup Sweet and Sour Pork Mashed Potatoes Rice Pilaf Broccoli Squares	Beef Noodle Soup Chicken Nuggets Mashed Potatoes Carrots Apple crisp	Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed Potatoes Cauliflower Melon	Hamburger Soup Baked Haddock white Sauce Mashed Potatoes Peas Peaches	Cream of Chicken Honey Galic Rib Mashed Potatoes Rice pilaf Green Beans Grapes	Rice Soup Baked Ham Scalloped or Mashed Potatoes Corn Pie
S U P P E R	Cream of Mushroom Chicken Sandwich Cole Slaw Blueberry Cake	Barley Soup Rappie Pie Brown Bread Fruit Cocktail	Beef Noodle Soup Spaghetti and Meat sauce Garlic Bread Pudding	Vegetable Soup Pancake Sausage Pineapple Cake	* Hamburger Soup Chicken Stew Biscuit Pumpkin Tarts	Clam Chowder Rolls Apple Sauce	Rice Soup Corned Beef Hash Chow chow Blueberry Cobbler

Menu may change without notice

HS Snack Menu						Crackers With Peanut Butter or Cheese
Cookies	pudding	Fig cookies	Toast	Nutri Grain Bars	Cookies	