

WEEK # 1

2020

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<b>Breakfast Menu Items For The Week</b>						
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
8						

	5-Oct MONDAY	6-Oct TUESDAY	7-Oct WEDNESDAY	8-Oct THURSDAY	9-Oct FRIDAY	10-Oct SATURDAY	11-Oct SUNDAY
D I N N E R	Vegetable Beef Soup  Boneless Pork Chops Fried Onions Apple Sauce Mashed Potatoes  Cauliflower Jello	Minestrone Soup  Lemon Pepper fish  Mashed Potatoes  Carrots  melon	Chicken Noodle Soup  Chicken Finger Mashed Potatoes or Wedge Potatoes  Green Beans Cookies	* Rice Soup  Shepherds Pie  Peas  Strawberries	Vegetable Soup  Grilled Fish  Mashed potatoes  Broccoli  Squares	Cream of Broccoli  Shake and Bake Chicken  Mashed potatoes  Mashed Turnips Baked Custard	Chicken Noodle Soup  Roast Beef / Gravy Mashed or Baked Potatoes  Parsnips  Pie
	S U P P E R	Vegetable Beef Soup  Chicken a la King toast  Peaches	Minestrone Soup  Mini Sub  Pasta Salad  Lemon Tarts	Fish Chowder  Biscuits  Cottage Pudding	* Rice Soup  Chicken Rice  Egg Roll  Mandarin Orange	* Vegetable Soup  Sloppy Joe on 1/2 bun Cole Slaw  Fresh Fruit Salad	Cream of Broccoli  Pancakes Ham  Lemon Loaf

Menu may change without notice

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