

WEEK # 3

Menu 2022

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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

	14-Nov MONDAY	15-Nov TUESDAY	16-Nov WEDNESDAY	17-Nov THURSDAY	18-Nov FRIDAY	19-Nov SATURDAY	20-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 Glazed Chicken Mashed Potatoes Carrots Apple crisp	Vegetable Soup Salisbury Steak with Fried Onions and Mushroom Mashed or Baked Potatoes Cauliflower Melon	Hamburger Soup Baked Haddock Egg Sauce Mashed Potatoes Peas Peaches	Hamburger Soup Boneless BBQ Ribblet 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 Salad	Beef Noodle Soup Spaghetti and Meat sauce Garlic Bread Pudding	Vegetable Soup Pancake Sausage Pineapple Cake	* 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 Cookies	pudding	Fig cookies	Toast	Nutri Grain Bars	Cookies	Crackers With Peanut Butter or Cheese
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