

WEEK # 3

Menu 2022--2023

Flip over for week 4

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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

	20-Mar MONDAY	21-Mar TUESDAY	22-Mar WEDNESDAY	23-Mar THURSDAY	24-Mar FRIDAY	25-Mar SATURDAY	26-Mar 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  Rib-Style Pork Cutlet in BBQ sauce 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  Hot 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	Fish 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	