	WEEK # 3			Menu 2024		Flip over for week 4	WEEK#3
	Breakfast Menu Items For The Week						
	Oatmeal Cold Cereal Cream of Wheat	Eggs Any Style Bacon	Toast	Milk	Assortment Of Fruit Juices	Tea Coffee	1/2 Orange Bananas
	28-Oct MONDAY	29-Oct TUESDAY	30-Oct WEDNESDAY	31-Oct THURSDAY	1-Nov FRIDAY	2-Nov SATURDAY	3-Nov SUNDAY
	Cream of Mushroom	Barley Soup	Beef Noodle Soup	Vegetable Soup	Hamburger Soup	Cream of Chicken	Rice Soup
D I N N E	Liver and Onion	Sweet and Sour Pork Mashed Potatoes Rice Pilaf	Chicken Thighs in BBQ sauce Mashed potatoes	Salisbury Steak with Fried Onions and Mushroom Mashed or Baked	Baked Fish egg sauce Mashed Potatoes	Boneless BBQ Ribblet  Mashed Potatoes  Rice pilaf	Baked Ham Scalloped or Mashed Potatoes
R	Yellow Beans	Broccoli	Carrots	Potatoes Cauliflower	Peas	Green Beans	Corn
	Pears	Squares	Melon	Apple crisp	Peaches	Mandarin Orange	Pie
s	Cream of Mushroom	Barley Soup	Beef Noodle Soup	Vegetable Soup	* Hamburger Soup	Corn Chowder	Rice Soup
U P P E R	Hot Chichen Fries Cole Slaw	Rappie Pie Brown Bread	Spaghetti and Meat sauce Garlic Bread	Pancake Sausage	Chicken Stew Biscuit	Rolls	Corned Beef Hash Pickles
	Blueberry Cake	Fruit Salad	Pineapple Cake	Pudding	Pumpkin Tarts	Apple Sauce	Peach Cobbler
	Menu may change with	out notice				1	
	HS Snack Menu						Crackers With Peanut Butter
	Cookies	pudding	Fig cookies	Toast	Nutri Grain Bars	Cookies	or Cheese