



SAMPLE MENU

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Chicken Salad Rye Bread Cucumber Salad Applesauce Milk (served cold)	Roast Beef w/American Cheese White Bread Carrot Raisin Salad Mandarin Oranges Milk Mayonnaise	Turkey Salad Wheat Bread Broccoli Salad Diced Pears Milk	Tuna Salad Sandwich Bun Green Bean Salad Chocolate Chip Cookie Assorted Fruit Juice Milk	Ham w/ Swiss Cheese Wheat Bread Beet Salad Seasonal Fruit Milk Mustard	Sliced Turkey Italian Bread Three Bean Salad Mandarin Oranges Milk Mayonnaise	Egg Salad Rye Bread Mixed Vegetable Salad Pineapple Tidbits Milk
DINNER	Cheeseburger Crinkle Cut Fries Carrots Seasonal Fruit Milk Ketchup (heat 90 seconds)	Smothered Chicken Thigh Brown Rice Broccoli Rye Bread Vanilla Pudding Assorted Fruit Juice Milk Margarine	Beef Spaghetti Casserole Cauliflower Green Peas Italian Bread Seasonal Fruit Milk Margarine	Ham and White Beans Whipped Potatoes Corn Dinner Roll Mandarin Oranges Milk Margarine	BBQ Chicken Leg Quarter Macaroni and Cheese Mixed Greens White Bread Cinnamon Applesauce Milk Margarine	Cheese Omelet Tater Tots Stewed Tomatoes Wheat Bread Seasonal Fruit Milk Margarine	Beef/Chicken Swedish Meatballs Bow Tie Pasta Cabbage White Bread Mixed Fruit Milk Margarine

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Grilled Chicken on a Bun Corn Relish Salad Mandarin Oranges Milk Mayonnaise	Egg Salad Wheat Bread English Pea Salad Diced Peaches Milk	Turkey w/ Swiss Cheese White Bread Ranch Tomato Salad Seasonal Fruit Milk Mustard	Turkey Salad Wheat Bread Broccoli Salad Seasonal Fruit Milk	Ham w/ American Cheese Wheat Bread Creole Cucumber Salad Oatmeal Cookie Assorted Fruit Juice Milk Mustard	Tuna Salad Italian Bread English Pea Salad Diced Peaches Milk	Ham Salad White Bread Cream of Broccoli Soup Diced Peaches Milk Saltine Crackers
DINNER	Potato Crusted Pollock Oven Roasted Potatoes Green Peas White Bread Diced Peaches Milk Margarine Tartar Sauce	Salisbury Steak w/ Vegetable Gravy Rice Pilaf Broccoli Dinner Roll Diced Pears Milk Margarine	Apricot Mustard Pork Whipped Potatoes Brussel Sprouts Wheat Bread Oatmeal Cookie Assorted Fruit Juice Milk Margarine	Chicken Fajitas Cilantro Lime Rice Black Beans Flour Tortilla Applesauce Milk	Chicken Stir Fry Brown Rice Green Beans Rye Bread Applesauce Milk Margarine	Bourbon Chicken Thigh Cheesy Whipped Potatoes Broccoli Dinner Roll Chocolate Chip Cookie Assorted Fruit Juice Milk Margarine	Spinach Quiche Oven Roasted Potatoes Peppers and Onions Wheat Bread Cinnamon Applesauce Milk Margarine