

Menu

Breakfast

JUICES

- Apple Cranberry
Grape Orange
Prune Tomato

CEREALS

Cream of Wheat Lg Sm

Cold Cereal: _____

Skim Milk 2% Milk

Biscuits & Gravy

Boiled Egg

Ham Steak

Wheat Toast 1 2

White Toast 1 2

Jelly Diet Jelly

BEVERAGES

Skim Milk 2% Milk

Hot Tea Hot Cocoa

Name: _____

Menu

Lunch

ENTRÉES

Shrimp Scampi

or

Chicken Marsala

SIDES

Angel Hair Pasta

Fresh String Beans

Mixed Green Salad

Poppy Seed Ranch Ital BChz

D Lynch T. Island

Baked Bread

DESSERTS

Cheesecake

or

Blushing Pears

BEVERAGES

Skim Milk 2% Milk

Hot Tea Iced Tea

Lemonade

Name: _____

Menu

Supper

ENTRÉES

Pork Fritter on Bun

or

Cottage Cheese Fruit Plate

SIDES

Shoestring Potatoes

Baby Carrots

DESSERTS

S'mores Pudding Cup

or

Fresh Orange Slices

BEVERAGES

Skim Milk 2% Milk

Hot Tea Iced Tea

Lemonade

Name: _____