

# Sample Menu

Breakfast	Lunch	Dinner
<b>Monday</b>		
	Spaghetti Green Beans Rolls w/butter Salad Oranges Non-Fat & 1% Milk	Fish Fillets Vegetable Tater Tots Salad Tartar sauce Lemon slices Non-Fat & 1% Milk
<b>Tuesday</b>		
Pancakes Fruit Cereal Maple syrup Butter Strawberry Jam Non-Fat & 1% Milk	Sliced Meat & Cheese sandwiches on wheat bread Fresh Fruit Trail Mix Vegetable soup Celery Sticks Non-Fat & 1% Milk	Burritos Spanish Rice Salsa Corn Salad Non-Fat & 1% Milk
<b>Wednesday</b>		
Scrambled Eggs Hash Browns Coffee Cake Fresh Fruit Orange Juice Non-Fat & 1% Milk	Peanut Butter & Jelly on wheat bread Fresh Fruit Trail Mix String Cheese Cream of Broccoli Soup Celery Sticks Non-Fat & 1% Milk	Sirloin Tips in Gravy Fresh whole wheat rolls Rice Broccoli Salad Non-Fat & 1% Milk
<b>Thursday</b>		
French Toast Link sausage Butter Maple syrup Strawberry Jam Mixed Fruit Non-Fat & 1% Milk	Hot Dogs (turkey) Cream of Potato Soup Fresh fruit Trail Mix Three Bean Salad Non-Fat & 1% Milk	Baked Chicken Mashed potatoes Gravy Mixed vegetables Salad Non-Fat & 1% Milk
<b>Friday</b>		
Fresh Homemade Cinnamon Rolls Fresh Fruit Cereal Non-Fat & 1% Milk	Corn Dogs Fresh Fruit Potato Chips Trail Mix Carrot Sticks Broccoli Spears Non-Fat & 1% Milk	

*Menu is subject to change. If you are vegetarian, diabetic, lactose intolerant, or have food allergies, our cooks will make sure other options are available. Serving sizes meet or exceed the national standards for nutritional needs.*