

SUNDAY 7/28	MONDAY 7/1	TUESDAY 7/2	WEDNESDAY 7/3	THURSDAY 7/4	FRIDAY 7/5	SATURDAY 7/6
BREAKFAST						
Corn Muffin	Scrambled Egg	Fried Egg & Cheese Sandwich on English Muffin	Pancakes	Hard Boiled Egg	Cheese Omelet	Waffles with Fruit Sauce
Cheese Omelet Orange Wedge	Sausage Links Toast & Butter	Fresh Fruit Cup	Bacon Butter & Syrup	Buttermilk Biscuit Butter & Jelly	Toast Butter & Jelly	Butter & Syrup
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk
LUNCH						
Ham Steak with Pinapple Sweet Potato Seasoned Mixed Veg	Chicken Lo Mein Egg Roll & Duck Sauce Fortune Cookie	Pasta Fagioli Green Bean Salad Roll & Butter	Pepperoni & Mushroom Pizza with Ceasar Salad	4th of July Cookout! Cheese Burger or Hot Dog Chips & Pickle	Shrimp Scampi Over Rice Pilaf Green & Yellow Squash	Baked Stuffed Shell with Eggplant Parm Seasoned Green Beans
Dinner Roll & Butter						Roll & Butter
Assorted Pies	Peaches & Cream	Cookie	Assorted Ice Cream		Fresh Strawberries	Pudding Cream Tart
4oz Milk	4oz Milk	4oz Milk	4oz Milk	Watermelon 4oz Milk	4oz Milk	4oz Milk
Alternate Choice:						
Fish & Chips with Lemon Cole Slaw	Meat Loaf Mashed Potatoes Green Beans	Sausage & Peppers on a Roll & Chips	Salisbury Steak Mashed Potatoes Green Beans		B.B.Q. Chicken on a Roll & Chips	Burger on a Roll Lettuce & Tomato Chips
DINNER						
B.B.Q Riblet with Cheddar Sandwich Corn Chips Pickle spear Pickle	Cinnamon Swirl French Toast Sliced Ham Butter & Syrup	Fried Clam Roll Tarter Sauce Home Fries & Cole Slaw	Western Omelet Home Fries Melon Wedge	Fish & Chips Cole Slaw Lemon	New England Clam Chowder Oyster Crakers Grilled Cheese on wheat Cucumber Salad	2 Hot Dogs on a roll Honey Mustard Baked Beans
Ice Cream 4oz Milk	White Cake 4oz Milk	Mandarine Oranges 4oz Milk	Brownie 4oz Milk	Peaches & Cream 4oz Milk	Cookies 4oz Milk	Pineapple Tidbits 4oz Milk
Alternate Choice:						
Cheese Omelet Tater Tots Vegetable	Chicken Salad Plate Lettuce & Tomato Roll & Butter	Grilled Cheese & Tomato Sandwich Home Fries Pickle	Fruit Yogurt Plate	B.B.Q Chicken Sandwich Chips & Pickles	Clam Chowder Chicken Patty on a bun Green Beans Potato Chips	Tuna Sandwich on Toast Carrots Potato Chips

Spring / Summer Menu

Week 1

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

SUNDAY 7/7	MONDAY 7/8	TUESDAY 7/9	WEDNESDAY 7/10	THURSDAY 7/11	FRIDAY 7/12	SATURDAY 7/13
BREAKFAST						
Fruit Yogurt Raspberry Coffee Cake Melon Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Hard Boiled Egg Wheat Toast Butter & Jelly Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Cheese Omelet Toast Hot or Cold Cereal Assorted Juices 8oz Milk	Pancakes With Sausage Hot or Cold Cereal Assorted Juices 8oz Milk	Scrambled Eggs Toast Butter & Jelly Hot or Cold Cereal Assorted Juices 8oz Milk	French Toast Butter & Syrup Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Apples & Waffles Butter & Syrup Hot or Cold Cereal Assorted Juices 8oz Milk
LUNCH						
Balsamic Chicken over Egg Noodles Seasoned Asparagus Roll & Butter Carrot Cake 4oz Milk	Grilled Chicken Sausage Seasoned Broccoli Rabe Roasted Potatoes Fruit Cup 4oz Milk	Cook Out Cheeseburger B.B.Q. Baked Beans Corn on the Cob Water Melon 4oz Milk	Shepards Pie Ceasar Salad Roll & Butter Ice Cream Sandwich 4oz Milk	Salisbury Steak Garlic Mashed Potatoes Buttered Peas Rice Pudding 4oz Milk	Fried Shrimp French Fries Cole Slaw Cocktail Sauce Lemon Garnish Chocolate Eclair 4oz Milk	Roasted Chicken Leg Baked Potato with Sour Cream Buttered Green Beans Butter Milk Biscuit Lemon Meringue Pie 4oz Milk
Alternate Choice:						
Stuffed Peppers Green Beans Roll & Butter	Salisbury Steak Mashed Potatoes Carrots	Hot Dogs Baked Beans Corn	Veal Patty Mashed Potatoes Carrots	Quiche Lorraine Mashed Potatoes Green Beans	Southern Fried Chicken Mashed Potatoes Carrots	Broccoli Quiche Mashed Potatoes Green Beans
DINNER						
Ham & Cheese on a Croissant Onion Rings Cole Slaw Ice Cream Sundaes 4oz Milk	Vegetable Soup with crackers Grilled Ham & Cheese Sandwich Potato Chips Pickle Spear Yellow Cake with carmel topping 4oz Milk	Steak & Cheese on a roll Potato Pancakes Fresh Grapes 4oz Milk	Chicken Salad on a Croissant Potato Chips Pickle Pineapple Tidbits 4oz Milk	Chicken Soup Grilled Cheese Sandwich Potato Chips Fresh Cantalope 4oz Milk	Corn Chowder with oyster crackers Tuna Salad Sandwich Three Bean Salad Cookies 4oz Milk	Sweet Italian Sausage on a roll Honey Mustard Potato Chips Pickle Pound Cake with Strawberries 4oz Milk
Alternate Choice:						
Chicken Patty on a Bun Potato Chips Carrots	Soup Cottage Cheese Fruit Plate Dinner Roll	Sausage Egg & Cheese on a bun Potato Pancakes	Egg Salad Sandwich Potato Chips Pickle	Soup Ham & Beans Brown Bread	Clam Chowder Ham & cheese Sandwich on wheat	Fruit & Yogurt Plate

Spring / Summer Menu

Week 2

2019

Snack Packs

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

SUNDAY 7/14	MONDAY 7/15	TUESDAY 7/16	WEDNESDAY 7/17	THURSDAY 7/18	FRIDAY 7/19	SATURDAY 7/20
BREAKFAST						
Cheese Omelet Bacon Toast	Scrambled Egg Biscuit Butter & Jelly Orange Wedge	French Toast Butter & Syrup Fruit Cup Cinnamon Sugar Garnish	Scrambled Eggs Corn Muffin Butter & Jelly Fruit Yogurt	Pancakes Sausage Butter & Syrup Orange Ring	Roasted Vegetable & Cheese Frittata Wheat Toast Peach Slice	Western Omelet Toast
Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal	Hot or Cold Cereal
Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk	Assorted Juices 8oz Milk
LUNCH						
Salisbury Steak Baked Sweet Potato Buttered Peas Bread & Butter	Cook Out 2 Grilled Hot Dogs Cole Slaw Baked Beans Mustard & Ketchup	Grilled Chicken served over a fresh Spinach Salad Garlic Bread Stick	Turkey Chili in a bread bowl Balsamic Green Beans	B.B.Q. Chicken Breast Baked Beans Corn Bread	Fresh Baked Cod Redskin Potato Wedges Corn on the Cob Roll & Butter	Pork Shoulder Buttermilk Biscuit Cole Slaw
Peanut Butter Pie 4oz milk	Ice Cream Sundaes 4oz milk	Peaches & Cream 4oz milk	Water Melon 4oz milk	Carrot Cake 4oz milk	Fresh Melon 4oz milk	Lemon Pie Tart 4oz milk
Alternate Choice:						
Veal Patty with Gravy Mashed Potatoes Green Beans	B.B.Q Chicken Breast Baked Beans Carrots	Riblet Burger Seasoned Carrots Potato Chips	Sausage & Peppers Sandwich Potato Chips	Stuffed Pepper Mashed Potatoes Green Beans	Southern Fried Chicken Mashed Potatoes Green Beans	Broccoli Quiche Mashed Potatoes Carrots
DINNER						
Chicken Fingers French Fries With Lettuce & Tomato	Italian Wedding Soup with crackers Grilled Cheese Sandwich Potato Chips	Fresh Fruit Plate Melon, Grapes, Apples Greek Yogurt	Tomato Cheddar Soup Grilled Ham & Cheese Sandwich Potato Chips Pickle	Patty Melt on Wheat Potato Pancakes Ketchup	Shrimp Bisque with oyster crackers Chicken Salad on a roll Pasta Salad	Fried Shrimp Wild Rice Cocktail Sauce
Fruit Cocktail 4oz milk	Ambrosia 4oz milk	Assorted Cookies 4oz milk	Fruited Jello 4oz milk	Cinnamon Apples 4oz milk	Ice Cream 4oz milk	Peaches & Cream 4oz milk
Alternate Choice:						
Cheeseburger Lettuce & Tomato Maccaroni Salad	Soup Breaded Chicken on a bun Potato Chips Mayonnaise	Egg & Cheese on a croissant Home Fries	Franks & Beans Roll & Butter	Soup Chicken Patty on a roll Potato Chips Pickle	Chowder Grilled Cheese & Tomato Sandwich Potato Chips Pickle	Grilled Ham & Cheese Sandwich Potato Chips Pickle

Spring / Summer Menu

Week 3

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups

SUNDAY 7/21	MONDAY 7/22	TUESDAY 7/23	WEDNESDAY 7/24	THURSDAY 7/25	FRIDAY 7/26	SATURDAY 7/27
BREAKFAST						
Apple Cinnamon Muffins Cheese Omlet Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Scrambled Eggs Sausage Link Wheat Toast Butter & Jelly Hot or Cold Cereal Assorted Juices 8oz Milk	Egg & Cheese Sandwich on a English Muffin Orange Wedge Hot or Cold Cereal Assorted Juices 8oz Milk	Pancakes Bacon Butter & Syrup Hot or Cold Cereal Assorted Juices 8oz Milk	Hard Boiled Egg Buttermilk Biscuit Butter & Jelly Hot or Cold Cereal Assorted Juices 8oz Milk	Cheese Omelet Wheat Toast Butter & Jelly Peach Slice Hot or Cold Cereal Assorted Juices 8oz Milk	Waffles with Fruit Sauce Butter & Syrup Melon Slice Hot or Cold Cereal Assorted Juices 8oz Milk
LUNCH						
Turkey Pot Pie Buttermilk Biscuit Chocolate Cream Tart 4oz Milk	American Chop Suey Garden Salad Roll & Butter Peaches & Cream 4oz Milk	Open Face Pot Roast over Texas Toast Buttered Corn Water Melon 4oz Milk	Chicken Ceasar Salad Garlic Bread Stick Roll & Butter Assorted Ice Cream 4oz Milk	Spaghetti & Meatballs with Parmesan Cheese Green Beans & Onion Roll & Butter Woppie Pie 4oz Milk	Baked Fish over Rice Pilaf with Lemon Green & Yellow Squash Bread & Butter Fresh Strawberries 4oz Milk	Country Fried Steak Oven Roasted Potatoes Glazed Carrots Roll & Butter Pudding Tart 4oz Milk
Alternate choice:						
Fish & Chips Cole Slaw Lemon	Baked Meatloaf Mashed Potatoes Green Beans	Baked Chicken Mashed Potatoes Carrots	Salsbury Steak Mashed Potatoes Green Beans	Baked Ham Mashed Potatoes Baked Beans	Sausage & Peppers Sandwich Potato Chips Green Beans	Baked Stuffed Shells Buttered Broccoli
DINNER						
B.B.Q Riblet with Cheddar Sandwich Corn Chips Pickle spear Ice Cream Sundae 4oz Milk	Tomato Soup Ham Salad Plate Lettuce & Tomato Roll & Butter Banana Pudding 4oz Milk	Fish on Bun Home Fries Cole Slaw Tarter Sauce Mandarine Oranges 4oz Milk	Western Omelet Home Fries Melon Wedge Brownie 4oz Milk	Chicken Soup with crackers Chicken & Broccoli Turnover Potato Chips Peach Crisp 4oz Milk	New England Clam Chowder with oyster crackers Grilled Cheese Sandwich on wheat bread Cucumber Salad Cookies 4oz Milk	2 Hot Dogs & Rolls Honey Mustard Baked Beans Pineapple Tidbits 4oz Milk
Alternate choice:						
Cheese Omelet Home Fries Winter Blend Vegetables	Soup Chicken Salad Plate Lettuce & Tomato Roll & Butter	Grilled Cheese & Tomato Sandwich Home Fries Pickle	Yogurt & Fruit Plate	Soup Cheeseburger Potato Chips Pickle	Chowder Chicken Patty on a Bun Green Beans	Tuna Salad Sandwich on Toast Potato Chips Carrots

Spring / Summer Menu

Week 4

2019

ALWAYS AVAILABLE IN THE KITCHENETTE:

Regular & Sugar Free Cookies & Crackers; Yogurt; Ice Cream; Cereal & Milk; Bananas; Oranges; Peanut Butter & Jelly Sandwiches; 100 Cal Mousse Cups