

WINTER MENU WEEK 1-4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Waffles -2ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Butter Ketchup Milk -1cup	Cereal -1cup Cinnamon Roll -1ea Milk -1cup	Coffee Cake -1 Sausage Patty -1 Or Sausage Link -2 Syrup Milk -1cup	Sausage Gravy -4oz Biscuit -2 Pears -1/2cup Milk -1cup	Pancakes -2ea Sausage Patty -1ea Or Sausage Link -2ea Tri Tater Syrup Ketchup Milk -1cup	Breakfast Burritos -2ea Salsa -1oz Fruit Cocktail - 1/2cup Milk -1cup	French Toast Slice -2ea Sausage Patty -1ea Or Sausage Link -2ea Tri Tater -1ea Hot Sauce Ketchup Milk -1cup
Breaded Beef Patty -1ea Mashed Potatoes -1/2cup Green Peas -1/2cup Fresh Broccoli -1/2cup Dinner Roll -1ea Brown gravy -1oz Apple Crisp -1/2cup Pears -1/2cup FF Dressing -1oz Jelly -1oz Milk -1cup	Bierock -1ea Tater Tots -1/2cup Green Beans -1/2cup Fresh Carrots -1/2cup Apple -1ea Milk -1cup Mustard -1oz Ketchup -1oz FF Dressing -1oz	Turkey Dog -1ea WG Bun -1ea Potato Wedges -1/2cup Mixed Vegetables -1/2cup Peaches -1/2cup Raisins Celery -1/2cup Milk -1cup Mustard -1oz Ketchup -1oz Mayo -1oz FF Dressing -1oz	Beef and Bean Burrito Taco Meat -1oz Refried Beans -1oz No Salt Tortilla Chips -1oz Corn -1/2cup Cucumber -1/2cup Tropical Fruit - 1/2cup Orange -1ea FF Dressing -1oz Salsa -1oz Milk -1cup	Rib Sandwich -1ea WG Bun -1ea Sweet Potato Fries -1/2cup California Blend -1/2cup Celery/Carrots -1/2cup Orange -1ea Fruit cocktail - 1/2cup Milk -1cup Ketchup -1oz FF Dressing -1oz	Hamburger -1ea WG Bun -1ea Tater Tots -1/2cup Mixed vegetables - 1/2cup Cucumbers -1/2cup Romaine -1/2cup Tomato -1/2cup Apple -1ea Milk -1cup Mustard -1oz Ketchup -1oz Mayo -1oz FF Dressing -1oz	Shepard's Pie Mixed Vegetables -1/2cup Mashed potatoes -1/2cup Tossed Salad -1/2cup Banana -1ea Applesauce -1/2cup Dinner Roll -1ea Jelly -1oz Milk -1cup FF Dressing -1oz
Ham Steak Scalloped Potatoes Green Beans Wheat Bread -1ea Dessert	Potato Soup Bread Stick -2ea Tossed Salad Dessert	Chicken and Noodles Mashed potatoes Cooked Carrots Dinner Roll Dessert	Chef Salad Chicken Patty Bread Sticks -2ea Deviled Eggs -2ea Dessert	Chicken Sandwich WG Bun Macaroni and cheese Green Beans Dessert	Goulash Mixed Vegetables Dinner roll Dessert	Grilled Ham and Cheese Tomato Soup Dessert
Snack: Chex Mix	Snack: Granola Bar	Snack: Peanut Butter Crackers	Snack: Rice Krispie	Snack: Popcorn	Snack: Nachos	Snack: Ice Cream

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Waffles -2ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Butter Ketchup Milk -1cup	Cereal -1cup Cinnamon Roll -1ea Milk -1cup	Sausage Gravy -4oz Biscuit -2 Applesauce -1/2cup Milk -1cup	Coffee Cake -1 Sausage Patty -1 Or Sausage Link -2 Syrup Milk -1cup	Breakfast Pizza -2ea Peaches -1/2cups Milk -1cup	Egg Pattie -1 Biscuits -1 Sausage Patty -1 Sliced Cheese -1 Tri Tater -1 Milk -1cup	Pancakes -2ea Sausage Patty -1ea Or Sausage Link -2ea Tri Tater Syrup Ketchup Milk -1cup
Taco soup -1cup No Salt WG Tortilla Chips -1oz Shredded Cheese -1oz Cucumber -1/2cup Orange -1ea Fruit cocktail -1/2cup Salsa -1oz FF Dressing -1oz Milk -1cup	Pig in the Blanket -1ea Mixed Vegetable -1/2cup Potato Wedges -1/2cup Celery -1/2cup Raisins Applesauce -1/2cup Milk -1cup Ketchup -1oz Mustard -1oz	Chicken Patty -1ea Mashed Potatoes -1/2cup Cooked Carrots -1/2cup WG Roll -1ea Pears -1/2cup Orange -1ea Celery -1/2cup Jelly -1oz FF Dressing -1oz Milk -1cup	Soft Taco Taco Meat -2oz WG Tortilla -1ea Refried Beans -1/2cup Mexican Corn -1/2cup Romaine -1/2cup Tomato -1/2cup Cheese -1oz No salt Tortilla Chips -1oz Salsa -1oz Carrots -1/2cup Apple -1ea Milk -1cup FF Dressing -1oz	Toasted Turkey Sandwich Turkey -3oz Sliced Cheese -1oz WG Bun -1ea Tater tots -1/cup Broccoli -1/2 cup Romaine -1/2cup Tomato -1/2cup Celery -1/2cup Pears -1/2cup Orange -1ea FF Dressing -1oz Milk -1cup Mayo -1oz Mustard -1oz Ketchup -1oz	Chicken Wrap Chicken Patty Romaine -1/2cup Tomatoes -1/2 Shredded Cheese -1oz Carrots -1/2 No salt WG Tortilla Chips -1oz Peaches -1/2 Orange -1ea Cooked Broccoli -1/2cup Milk -1cup FF Dressing -1oz	Chili Dog -1ea WG Hot Dog Bun Chili -1oz Tater Tots -1/2cup Raisins Tropical Fruit -1/2cup Cucumbers -1/2cup Mayo -1oz Ketchup -1oz Mustard -1oz Milk -1cup FF Dressing -1oz
BBQ Meatballs Baked Potato Cheesy Broccoli Dinner roll Dessert	Cheeseburger Seasoned Potato Wedges Baked Beans Pasta Salad Dessert	Enchiladas Mexican Corn Refried Beans Dessert	Chicken Pot Pie Steamed Broccoli Dinner Roll Dessert	Pork Chop Wild Rice Green Beans Cornbread Dessert	Bierock Tater Tots Green Beans Dessert	Chicken Alfredo Broccoli Bread Sticks -2ea Tossed Salad Dessert
Snack: Chex Mix	Snack: Granola Bar	Snack: Peanut Butter Crackers	Snack: Rice Krispie	Snack: Popcorn	Snack: Nachos	Snack: Ice Cream

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Sausage Gravy -4oz Biscuit -2 Peaches -1/2cup Milk -1cup	French Toast sticks -4ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Ketchup Milk -1cup	Coffee Cake -1 Sausage Patty -1 Or Sausage Link -2 Syrup Milk -1cup	Pancake on a stick -2ea Tri Tater -1 Syrup Ketchup Milk -1cup	Egg Pattie -1 Biscuits -1 Sausage Patty -1 Sliced Cheese -1 Tri Tater -1 Milk -1cup	Waffles -2ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Butter Ketchup Milk -1cup	Cereal -1cup Cinnamon Roll -1ea Milk -1cup
Spaghetti and Meat Sauce -6oz Tossed Salad -1cup Corn -1/2cup Breadsticks -2ea Fresh Broccoli -1/2cup Pears -1/2cup Orange -1ea Milk -1cup FF Dressing -1oz	Salisbury Steak -1ea Mashed Potatoes -1/2cup Peas -1/2cup Brown Gravy -1oz Celery -1/2cup WG Roll -1ea Applesauce -1/2cup Orange -1ea Milk -1cup FF Dressing -1oz	Toasted Turkey Sandwich Turkey -3oz Sliced Cheese -1oz WG Bun -1ea Tater tots -1/cup Mixed Veg-1/2 cup Romaine -1/2cup Tomato -1/2cup Celery -1/2cup Apple -1ea FF Dressing -1oz Milk -1cup Mayo -1oz Mustard -1oz Ketchup -1oz	Baked Chicken leg -2ea Wild Rice -1/2cup Green Beans -1/2cup WG Roll -1ea Celery -1/2cup Banana -1ea Peaches -1/2cup Milk -1cup FF Dressing -1oz Jelly -1oz	Beef Quesadilla -1ea WG Tortilla -1ea Refried Beans -1/2cup No Salt Tortilla Chips -1oz Mexican Corn -1/2cup Fruit Cocktail -1/2cup Raisins -1/2cup Broccoli -1/2cup Salsa -1oz FF Dressing -1oz Milk -1cup	Ham and Cheese Wrap -1ea WG Tortilla -1ea Green Beans -1/2cup No salt Tortilla Chips -1/2cup Carrots -1/2cup Romaine -1/2cup Tomato -1/2cup Apple -1ea Milk -1cup Mayo -1oz Ketchup -1oz Mustard -1oz FF Dressing -1oz	Meatball Sub Meatballs -5ea WG Hot Dog Bun -1ea Potato Wedges -1/2cup Mixed Vegetables -1/2cup Carrots -1/2cup Melon -1/2cup Ketchup -1oz FF Dressing -1oz Milk -1cup
Fried Rice Egg Roll -2ea Stir Fry Veg Sweet and Sour Sauce Soy sauce Dessert	Fried Chicken leg -2ea Seasoned Potato Wedges Corn on the Cob Biscuit Dessert	Meatloaf Scalloped Potatoes Broccoli Cornbread Dessert	Chicken Bacon Ranch Sandwich WG Bun Tater Tots Carrots Dessert	Chili Grilled Cheese Tossed Salad Dessert	Beef and Noodles Mixed Vegetables Dinner roll Dessert	Pull Pork Sandwich -1ea Macaroni and Cheese Baked Beans WG Bun Dessert
Snack: Chex Mix	Snack: Granola Bar	Snack: Peanut Butter Crackers	Snack: Rice Krispie	Snack: Popcorn	Snack: Nachos	Snack: Ice Cream

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Egg Pattie -1 Biscuits -1 Sausage Patty -1 Sliced Cheese -1 Tri Tater -1 Milk -1cup	Pancakes -2ea Tri Tater -1ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Butter Ketchup Milk -1cup	Cereal -1cup Cinnamon Roll -1ea Milk -1cup	Breakfast Pizza -2ea Peaches -1/2cups Milk -1cup	Breakfast Burritos -2ea Salsa -1oz Pineapple -1/2cup Milk -1cup	Sausage Gravy -4oz Biscuit -2 Pears -1/2cup Milk -1cup	French Toast sticks -4ea Sausage Patty -1ea Or Sausage Link -2ea Syrup Ketchup Milk -1cup
Soft Taco Taco Meat -2oz WG Tortilla -1ea Refried Beans -1/2cup Romaine -1/2cup Tomato -1/2cup Cheese -1oz No salt Tortilla Chips -1oz Salsa -1oz Carrots -1/2cup Apple -1ea Milk -1cup FF Dressing -1oz	Rib Sandwich -1ea WG Bun -1ea Sweet Potato Fries -1/2cup California Blend -1/2cup Celery/Carrots -1/2cup Orange -1ea Fruit cocktail -1/2cup Milk -1cup Ketchup -1oz FF Dressing -1oz	Breaded Beef Patty -1ea Mashed Potatoes -1/2cup Green Peas -1/2cup Fresh Broccoli -1/2cup Dinner Roll -1ea Brown gravy -1oz Apple Crisp -1/2cup Pears -1/2cup FF Dressing -1oz Jelly -1oz Milk -1cup	Chili -1cup No Salt WG Tortilla Chips -1oz Tossed Salad -1cup Apple -1ea Shredded Cheese -1oz FF Dressing -1oz Milk -1cup	Ham and Cheese Sandwich -1ea WG Bun -1ea Green Beans -1/2cup Tater Tots -1/2cup Carrots -1/2cup Romaine -1/2cup Tomato -1/2cup Apple -1ea Milk -1cup Mayo -1oz Ketchup -1oz Mustard -1oz FF Dressing -1oz	Beef Quesadilla -1ea No Salt Tortilla Chips -1oz Refried Beans -1/2cup Mexican Corn -1/2cup Orange -1ea Tropical fruit -1/2cup Cucumber -1/2cup FF Dressing -1oz Salsa -1oz Milk -1cup	Corn Dog -1ea Sweet Potato Fries -1/2cup Mixed Vegetables -1/2cup Melon -1/2cup Milk -1cup Mayo -1oz Ketchup -1oz Mustard -1oz FF Dressing -1oz
Breakfast Burrito -1ea Tater Tots Sausage Ambrosia Fruit Salad	Chef Salad Chicken Patty Bread Sticks -2ea Deviled Eggs -2ea Dessert	Cheeseburgers Pasta Salad Chips Baked Beans	Baked chicken Macaroni and Cheese Mixed Vegetable Dinner Roll Dessert	Bierock Tater Tots Green Beans Dessert	Fried Rice Egg Roll -2ea Stir Fry Veg Sweet and Sour Sauce Soy sauce Dessert	Frito Pie Mexican Corn Garden Salad Desserts
Snack: Chex Mix	Snack: Granola Bar	Snack: Peanut Butter Crackers	Snack: Rice Krispie	Snack: Popcorn	Snack: Nachos	Snack: Ice Cream