

Date 6/27 to 7/3



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Breakfast	Oatmeal	6 oz	Grits	6 oz	Cream of Wheat	6 oz	Oatmeal	6 oz	Cream of Wheat	6 oz	Hot Cereal	6 oz	Hot Cereal	6 oz
	WW Toast	1 sl	WW Toast	1 sl	WW Toast	1 sl	WW Toast	1 sl	WW Toast	1 sl	WW Toast	1 sl	WW Toast	1 sl
	Yogurt	4 oz	Yogurt	4 oz	Yogurt	4 oz	Yogurt	4 oz	Yogurt	4 oz	Yogurt	4 oz	Yogurt	4 oz
	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c	Juice/Fruit	1/2 c
	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
	Special:		Special:		Special:		Special:		Special:		Special:		Special:	
	Waffles	2 ea	Biscuits	1 ea	Hash Browns	2 ea	Pancakes	2 ea	Sausage	2 oz	Apple Muffin	1 ea	Bran Muffin	1 ea
	w/ syrup	1.5 oz	Gravy	2 oz	Eggs made to order	2 eggs	w/ Syrup	1.5 oz	Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs
Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs	Eggs made to order	2 eggs	
Lunch	Carrot Soup	6 oz	Tarragon Chix	6 oz	Chicken Steak	3 oz	Cheese Pizza	1/8 pie	Corn Chowder	6 oz	Entrée Selection		Vegetable Soup	6 oz
	Turkey Burger on Bun	3 oz	Cr Rice	1/2 c	Sandwich w/ Cheese	1 roll	Wax Beans	1/2 c	Caesar Salad	1 c	Chicken Tenders	5 ea	Entrée Selection	
	Fries	1 ea	Broccoli	1/2 c	Peas & Carrots	1 oz	Mandarin Orange	1/2 c	w/ Grilled Chicken	3 oz	Mac & Cheese	5 oz	Grilled Cheese Sand on WW Bread	3 oz
	Green Beans	1/2 c	WW Bread	1 slice	Peaches	1/2 c	Sherbet	1/2 c	Wrap	1 ea	Veal Patty	4 oz	Meatball Hoagie	2 sl
	Apricots	1/2 c	Applesauce	1/2 C	1% Milk	8 oz	1% Milk	8 oz	Carrots	1/2 c	Baked Potato	1 ea	PB & J Sandwich	4 T PB
	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	Mandarin Oranges	1/2 c	Gravy	1 oz	3 Bean Salad	1/2 c
									1% Milk	8 oz	Peas	1/2 c	Winter Blend	1/2 c
											WW Bread	1 sl	Mixed Fruit	1/2 c
										Sugar Cookies	2 ea	1% Milk	8 oz	
										1% Milk	8 oz			
Dinner	Entrée Selection		Entrée Selection		Entrée Selection		Entrée Selection		Entrée Selection		Entrée Selection		Entrée Selection	
	Beef Pot Pie	6 oz	Soft Tacos	4oz-2ea	Fish Nuggets	5 ea	Cheese Ravioli	4 ea						
	Egg Salad on WW Bread	4 oz	Mac & Cheese	5 oz	PB & J Sandwich on WW Bread	4 T PB	Ricotta Cheese	2 oz						
	Meatballs/Gravy	2 sl	Tuna Salad w/ Crackers	3 oz	Veggie Burger/Bun	2 sl	Turkey Patty w/ Gravy	3 oz	Chef's Choice					
	Cauliflower	3 oz	Summer Blend	7 ea	Tater Tots	4 oz	Cheese Omelet	2 oz						
	WW Bread	1/2 c	WW Bread	1/2 cC	Spinach	1/2 c		2 egg						
	WW Bread	1 sl	WW Bread	1 sl	WW Bread	1/2 c	Ital. Green Beans	1 oz ch	Asst Pudding	1/2 c				
	Pineapple Upside Down Cake	1 sl	Fruit Pie	1/8 pie	Pears	1 sl	Garlic Bread	1 oz	1% Milk	8 oz	BBQ Chicken	3 oz	Turkey Salisbury Stk	5 oz
	1% Milk	2x3 in	1% Milk	8 oz	1% Milk	8 oz	Pineapples	1 pc			Veggie Burger	4 oz	Scrambled Eggs w/ Cheese	2 eggs
		8 oz					1% Milk	8 oz			Tuna Salad	3 oz	Chicken Salad on Roll	1 oz
										WW Bread	2 sl	Noodles	3 oz	
										Baked Beans	1/2 c	Mixed Vegetables	1/2 c	
										California Blend	1/2 c	Pound Cake w/ Fruit Topping	1/8 sl	
										Peaches	1/2 c	1% Milk	8 oz	
										1% Milk	8 oz			

Please Note: This is the regular menu. If your child has particular needs that require a menu modification (for example no milk, no pork) please refer to the menu that was sent home in your child's Friday packet.



Date 7/4 to 7/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Breakfast	Oatmeal WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Waffles Syrup Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 2 each 1/5 oz 2 eggs	Grits WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Biscuits Gravy Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 1 each 2 oz 2 eggs	Cream of Wheat WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Hashbrowns Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 2 ea 1.5 oz 2 eggs	Oatmeal WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Pancakes Syrup Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 2 each 1.5 oz 2 eggs	Cream of Wheat WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Sausage Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 2 oz 2 eggs	Hot/Cold Cereal WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Blueberry Muffin Eggs made to order	6oz 1 slice 4 oz 1/2c 8 oz 1 each 2 eggs	Hot/Cold Cereal WW Toast Yogurt Juice/Fruit 1% Milk <i>Special:</i> Bran Muffin Eggs made to order	6 oz 1 slice 4 oz 1/2c 8 oz 1 each 2 eggs
	Vegetable Soup Grilled Turkey & Cheese on WW Green Beans Peaches 1% Milk	6 oz 3 oz 1 oz 2 sl 1/2 c 1/2 c 8 oz	Teriaki Chicken Cr Rice Peas Apricots 1% Milk	4 oz 1/2 c 1/2 c 1/2 c 8 oz	Eggplant Parm Ital. Green Beans Garlic Br Sticks Pineapple Sherbet 1% Milk	5 oz 1/2 c 1 ea 1/2 c 1/2 c 8 oz	Meatloaf w/Gravy Mashed Potat Broccoli WW Bread Pears 1% Milk	4 oz 2 oz 1/2 c 1/2 c 1 slice 1/2 c 8 oz	Carrot Soup Baked Fish Spinach Souffle Dinner Roll Pear/Apple Crisp 1% Milk	6 oz 3 oz 1/2 c 1 ea 1/2 c 8 oz	Entrée Selection: Meatball Hoagie Tuna Sandwich on WW PB&J on WW Wax Beans Mixed Fruit 1% Milk	5 each 3 oz 2 sl 4T PB 2 sl 1/2 c 1/2 c 8 oz	Entrée Selection: Pizza Egg Salad Sandwich on WW Turkey Salad with Crackers California Blend Apricots Brownie 1% Milk	1 slice 4 oz 2 sl 4 oz 7 ea 1/2 c 1/2 c 2x3 in 8 oz
Entrée Selection: Pasta w/ Sauce & Meatballs Tuna Salad on WW BBQ Chicken Winter Blend WW Bread Mand Oranges 1% Milk	6 oz 3 oz 3 oz 2 sl 3 oz 1/2 c 1 slice 1/2 c 8 oz	Entrée Selection: Fried Chicken Mac & Cheese Egg Salad on WW Summer Blend WW Bread Fruit Pie 1% Milk	3oz 6 oz 3 oz 2 sl 1/2 c 1 slice 1/8 pie 8 oz	Entrée Selection: Turkey Burger on Bun PB & J Sandwich on WW Beef Pot Pie Tater Tots Spinach Apple Crisp 1% Milk	3 oz 1 ea 4T PB 2 sl 6 oz 1/2 c 1/2 c 1/2 c 8 oz	Entrée Selection: Veal Patty w/ Gravy Pasta Primavera Pizza Peas & Carrots WW Bread Mixed Fruit 1% Milk	3 oz 2 oz 6 oz 1/8 pie 1/2 c 1 sl 1/2 c 8 oz	Chef's Choice Assorted Pudding 1% Milk	1/2 c 8 oz	Entrée Selection: Chicken Pot Pie Fish Nuggets Scrambled Eggs w/ Cheese Cauliflower Peaches WW Bread 1% Milk	1 each 5 pieces 2 eggs 1 oz 1/2 c 1/2 c 1 slice 8 oz	Entrée Selection: Cheesesteak on Roll Turkey Burger on Bun Cheese Ravioli w/ Ricotta Cheese Broccoli Mandarin Oranges 1% Milk	4 oz 1 ea 4 oz 1 ea 4 oz 2 oz 1/2 c 1/2 c 8 oz	

Please Note: This is the regular menu. If your child has particular needs that require a menu modification (ex. no milk, no pork) please refer to the menu that was sent home in your child's Friday packet.