

Menu Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal Banana Pancakes, Milk	Bran Muffins, Pineapple Rings, Milk	Breakfast Cereal, Milk and Juice	Scrambled Eggs with Sausage, Milk	Rolled Biscuits, Jam, Milk	Cinnamon Toast, Grapefruit half, Milk	Sticky Buns, Bacon and Hash Browns, Milk
snack	Mandarin Oranges, Yogurt, Wheat Thins	Cream Cheese Stuffed Celery, water	Cinnamon Toast, Grapes	Graham Crackers, Milk	Bran Muffins (left over), jam, Water	Chocolate Chip Cookie, Milk	Cereal, milk
lunch	Quesadillas, peaches, Milk	Chicken Soup, Biscuits, jam, Prunes	Cheeseburgers, Fries, Applesauce, milk	Corndog, Peas, Fruit Cocktail, Milk	Macaroni & Cheese, Broccoli, Kiwi, Milk	Bacon, Lettuce, Tomato Sandwich, peach half, Milk	none
snack	Animal Crackers, Raisins	Taquitos, Water	Jicama, Cauliflower, and carrots with dip, juice	Peanut butter on crackers	Rice cakes, milk	Fruit, cracker	Cookie, milk
supper	Roast Chicken, Brown Rice, Buttered Peas, Milk	Meat Loaf, Baked Potatoes, Asparagus	Vegetable Pizza, Cheese Sticks, Plums, Milk	15 Bean Soup, Ham Sandwiches, Blueberry Dessert, Milk	Baked Fish in white wine, Corn, apricots, Milk	Pan-Fried Round Steak, Mashed Potatoes, Salad, Milk	Canadian Bacon and Sausage Pizza, Peaches, Milk or Beer
snack	Grapefruit half	Popcorn	Raisins	Tortilla & cinnamon rollup	Grapes	Graham crackers	Ice cream