



Honored by Experts. Honored to Serve.

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Rice Krispies Apricots Milk	Lean ham English muffin Sugar free jelly 100% Orange juice Milk	Cheese omelets Wheat toast Sugar free jelly 100% Apple juice Milk	Cheerios Bananas Milk	Sausage links English muffin Sugar free jelly Strawberries Milk
LUNCH				
Meatballs & pasta Italian vegetables Sourdough roll Milk	BBQ chicken Steamed rice Oriental vegetables Mandarin oranges Milk	Beef Stroganoff Noodles Peas & carrots Watermelon Milk	Cod fish filets Au Gratin potatoes Green beans Milk	Roast pork Whole baby potatoes Carrots Wheat roll Milk
PM SNACK				
Cheeze-It crackers Grapes	Vanilla wafers Milk	Wheat Thin crackers Cheese Sugar free Jello	Fruited yogurt Saltines	Banana muffin Milk

Nondiscrimination Statement: The USDA is an equal opportunity provider and employer.