SMHG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sept 30 Dec 23 Oct 28 Jan 20 Nov 25 Feb 17	Oct 01 Dec 24 Oct 29 Jan 21 Nov 26 Feb 18	Oct 02 Dec 25 Oct 30 Jan 22 Nov 27 Feb 19	Oct 03 Dec 26 Oct 31 Jan 23 Nov 28 Feb 20	Oct 04 Dec 27 Nov 01 Jan 24 Nov 29 Feb 21	Oct 05 Dec 28 Nov 02 Jan 25 Nov 30 Feb 22	Oct 06 Dec 29 Nov 03 Jan 26 Dec 01 Feb 23
Beverages	-			Lactaid	Buttermilk •		
Breakfast	Oatmeal Cereal Cinnamon French Toast Fruit Or Cold Cereal	Oat Bran Cereal Toast Boiled Eggs Fruit or Cold Cereal	Cream of Wheat Bacon Scrambled Eggs Toast Fruit or Cold Cereal	Oatmeal Cereal Toast Fruit Cheddar Cheese or Cold Cereal	Oat Bran Cereal Toast Fruit Pancakes or Cold Cereal	Cornmeal Cereal Toast Fruit Poached Eggs or Cold Cereal	Cream of Wheat Toast Fruit Turkey Sausage or Cold Cereal
Lunch							
Entree	Grilled Cheese Sandwich Caesar Salad Bean Salad	Chicken Burger Lettuce Tomato & Onion French Fries Tossed Salad	Pizza Greek Salad Vegetable sticks with Ranch dip	Nalysnyky/Sour Cream Kovbasa Coleslaw Salad	Hamburger Tomato Lettuce and Onion Potato Wedges Caesar Salad	Quiche with Ham and Cheddar Cheese Green Salad Garden Salad	Cheese Tortellini Tossed Salad Tomato & Red Onion Salad
	or Assorted Sandwiches	or Assorted Sandwiches	or Assorted Sandwiches	or Assorted Sandwiches	or Assorted Sandwiches	or Assorted Sandwiches	or Assorted Sandwiches
Dessert	Vanilla Ice Cream	Date Squares	Fresh Berries	Apple Pie	Tapioca	Orange Segments	Watermelon
Soup	Butternut Squash and Coconut	Mushroom	Tortilla Soup	Potato	Tomato Roasted Garlic	Lentil	Chicken Rice
Supper							
Entrée	BBQ Chicken Leg Mashed Potatoes Peas & Carrots Cucumber Salad	Honey Ham Whipped Potatoes California Vegetables Garden Salad	Italian Meatballs Broccoli Florets Pasta Garden Salad	Chicken Breast with Mushroom Sauce Steamed Potatoes Romaine Salad	Salmon Fillet with Dill Butter Rice Mixed Vegetables Tomato Salad Entrée 2	Honey Garlic Chicken Drumsticks Mashed Potatoes Italian Mixed Veg Romaine Salad	Roast Turkey Whipped Potatoes Carrot Coins Garden Salad
Dessert	Coconut Cream Pie	Caramel Cake	Maple Chocolate Cake	Assorted Deserts	Veal Cutlet Orange Layer Cake	Apple Strudel	Carrot Cake
PM/HS Snack	Fruit & Chocolate Coffee		Fresh Banana	Fruit & Yogurt	Cinnamon Bun & Fruit	Mini Danish & Fruit	Fruit & Cookies