
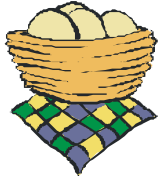




2021-22 Fall – Winter Menu

Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 18	Jan 10	Oct 19	Jan 11	Oct 20	Jan 12	Oct 21	Jan 13	Oct 22	Jan 14	Oct 23	Jan 15	Oct 24	Jan 16
	Nov 15	Feb 7	Nov 16	Feb 8	Nov 17	Feb 9	Nov 18	Feb 10	Nov 19	Feb 11	Nov 20	Feb 12	Nov 21	Feb 13
	Dec 13	March 7	Dec 14	March 8	Dec 15	March 9	Dec 16	March 10	Dec 17	March 11	Dec 18	March 12	Dec 19	March 13
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Cream of Wheat Toast & Fruit Fried Eggs or Cold Cereal		Oatmeal Cereal Toast & Fruit Sausages or Cold Cereal		Oat Bran Cereal Toast & Fruit Scrambled Eggs or Cold Cereal		Corn Meal Cereal Toast & Fruit Grilled Bacon or Cold Cereal		Cream of Wheat Toast & Fruit Blueberry Pancakes & Yogurt or Cold Cereal		Oatmeal Cereal Toast & Fruit Assorted Danish or Cold Cereal		Oat Bran Cereal Cheese Omelets Toast & Fruit or Cold Cereal	
Lunch														
Entree	BBQ Pork Ribette on a Whole Wheat Slider Bun Garden Salad or Assorted Sandwiches		Battered Cod French Fries Coleslaw or Assorted Sandwiches		Chicken Salad in a Home Baked Croissant Caesar Salad or Assorted Sandwiches		Vegetarian Chili Mixed Vegetables Garlic Toast or Assorted Sandwiches		Cabbage Rolls Kovbasa California Vegetables or Assorted Sandwiches		Chicken Fingers Pickles Potato Salad or Assorted Sandwiches		Chicken Breast Stuffed w Cheese & Broccoli Garlic Bread Caesar Salad or Assorted Sandwiches	
Dessert	Sliced Peaches		Butterscotch Pudding		Ice Cream		Fruit Cocktail		Rice Krispy Squares		Watermelon Slices		Canned Pears	
Soup	Tomato		Chicken Vegetable		Borshch		Tortilla Soup		Mushroom		Beef Barley		Split Pea	
Supper														
Entrée	 Beef Meatloaf and Mushroom Sauce Mashed Potatoes Asparagus Entrée 2 European Pork Sausage		Chicken Bites W Ginger Sauce Egg Noodles Peas  Entrée 2 Pyrohy Potato & Cheddar		Tomato Baked Pork Chop Parsley Potatoes Fresh Cauliflower Florets Entrée 2 Crunchy Perch		Beef Stew Mashed Potatoes Green Beans Entrée 2 Beef Sausage		Baked Haddock Mashed Potatoes Carrot Coins Entrée 2 Breaded Chicken		Grilled Ham Steak Steamed Potatoes Zucchini  Entrée 2 Polynesian Meat Balls		Shepherd's Pie Yellow Beans Entrée 2 Veal Cutlet	
Dessert	Berry Crumble		Peach Crisp		Coconut Cinnamon Rice Pudding		Apple Pie		Trifle		German Chocolate Cake		Banana Cake	
PM/HS Snack	Fruit & Cookies		Yogurt & Fruit		Bon Ton Special & Fruit		Blueberry Coffee Cake & Fruit		Mini Cinnamon Bun & Fruit		Fruit, Cheese & Crackers		Fruit Bread	
	• Bread • Buns • Margarine •													

Soup & Dessert May Change Without Notice