







# 2022-23 Fall – Winter Menu

# Week 2

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 24 Nov 21 Dec 19	Jan 16 Feb 13 March 13	Oct 25 Nov 22 Dec 20	Jan 17 Feb 14 March 14	Oct 26 Nov 23 Dec 21	Jan 18 Feb 15 March 15	Oct 27 Nov 24 Dec 22	Jan 19 Feb 16 March 16	Oct 28 Nov 25 Dec 23	Jan 20 Feb 17 March 17	Oct 29 Nov 26 Dec 24	Jan 23 Feb 18 March 18	Oct 30 Nov 27 Dec 25	Jan 24 Feb 19 March 19
<b>Beverages</b>	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
<b>Breakfast</b>	Oatmeal Cereal Cinnamon French Toast Sausage & Fruit Or Cold Cereal	 Oat Bran Cereal Toast & Fruit Waffles 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							
<b>Lunch</b>														
<b>Entree</b>	Grilled Cheese and Ham Sandwich Caesar Salad or Assorted Sandwiches	Pulled Chicken on a Pretzel Bun Vegetables Potato Wedges or Assorted Sandwiches	Pizza Greek Salad or Assorted Sandwiches	Asparagus & Tomato Quiche Coleslaw Salad or Assorted Sandwiches	Nalysnyky/Sour Cream Kovbasa Beets or Assorted Sandwiches	Hamburger Tomato Lettuce and Onion Potato Wedges or Assorted Sandwiches	Beef Tortellini Tossed Salad or Assorted Sandwiches							
<b>Dessert</b>	Vanilla Ice Cream	Date Squares 	Carrot Cake	Apple Pie	Tapioca	Orange Segments	Watermelon							
<b>Soup</b>	Butternut Squash and Coconut	Mushroom 	Pea Soup	Potato	Tomato Roasted Garlic	Lentil	Chicken Rice							
<b>Supper</b>														
<b>Entrée</b>	Cranberry Stuffed Roast Pork Mashed Potatoes Peas & Carrots  Entrée 2 Pulled Beef	Honey Ham Whipped Potatoes California Vegetables  Entrée 2 Fish Burger	Italian Sausage Broccoli Florets Mashed Potatoes  Entrée 2 Hot Corned Beef	Bacon Cream Cheese Cheddar Chicken Mashed Potatoes  Entrée 2 Cabbage Rolls	Salmon Wellington Rice Mixed Vegetables  Entrée 2  Veal Cutlet	BBQ Chicken Drumsticks Mashed Potatoes Italian Mixed Veg  Entrée 2 Pyrohy Potato, Cheddar & Bacon	Roast Turkey Whipped Potatoes Carrot Coins  Entrée 2 Pork Souvlaki							
<b>Dessert</b>	Coconut Cream Pie	Caramel Cake	Maple Chocolate Cake	Assorted Deserts	Orange Layer Cake	Apple Strudel	Carrot Cake							
<b>PM/HS Snack</b>	Fruit & Chocolate Coffee Cake	Cheese Danish & Fruit	Fresh Banana	Fruit & Yogurt	Cinnamon Bun & Fruit	Mini Danish & Fruit	Fruit & Cookies							
	• Whole Wheat Bread • Buns • Margarine •													

Soup And Dessert May Change Without Notice