

	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL HOMEFRIES PEANUT BUTTER WHITE TOAST / MARGARINE APPLE JELLY WHITE MILK / COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW MARGARINE CHILLED FRESH APPLE HAWAIIAN BEVERAGE	ROME STYLE LENTILS SPAGHETTI STEAMED GREEN PEAS WHITE BREAD / MARGARINE WHITE CAKE W/ CHOCOLATE ICING WHITE MILK
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES PANCAKES / SYRUP BREAKFAST PIZZA HOMEFRIES WHITE MILK / COFFEE SUGAR	TOMATO SOUP CHILLED TUNA SALAD CHILLED THREE BEAN SALAD HAMBURGER ROLL POTATO CHIPS CHILLED CANNED PEACHES GRAPE BEVERAGE	SLICED BAKED MEATLOAF SEASONED GRAVY WHIPPED POTATOES SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED BREAD PUDDING WHITE MILK
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE BOLOGNA HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	TURKEY CHOW MEIN STEAMED WHITE RICE STEAMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED APPLESAUCE ORANGE BEVERAGE	HOT DOGS HOT DOG ROLLS POTATO TOTS STEAMED WAXED BEANS MUSTARD / KETCHUP CHERRY GELATIN WHITE MILK
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS TURKEY HAM / HOMEFRIES WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED MANDRIN ORANGES LEMON BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL CREAMED BEEF / BISCUIT HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE HOMEMADE APPLE CRISP GRAPE BEVERAGE	BREADED FISH FILLET STEAMED WHITE RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT WHITE MILK
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL PANCAKES W/ SYRUP HOMEFRIES TURKEY BACON WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES STEAMED GREEN PEAS CHILLED FRESH APPLE HAWAIIAN BEVERAGE	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD / MARG. SUGAR COOKIES WHITE MILK
S U N D A Y	FRESH PETITE BANANA HOT GRITS PLAIN SLICED WHOLE GRAIN BAGEL CREAM CHEESE TURKEY SAUSAGE HOMEFRIES MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR GREEN CHILI BURRITO WITH BEEF, CHICKEN, & BEANS SALSA SAUCE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHILLED APPLESAUCE LEMON BEVERAGE	BBQ CHICKEN LEGS CHILLED POTATO SALAD KIDNEY/GARBANZO BEAN SALAD WHITE BREAD / MARGARINE HOMEMADE GINGERBREAD W/ICING WHITE MILK



SHOCK MENU

WEEK 2

Monday, July 17, 2023

	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	BEEF CHOW MEIN	JAMAICAN BEEF PATTY
O	HOT CINNAMON OATMEAL	ELBOW MACARONI	STEAMED WHITE RICE
N	CORN BREAD	STEAMED SLICED CARROTS	SEASONED CABBAGE
D	HOMEFRIES	WHITE BREAD / MARGARINE	WHITE BREAD / MARGARINE
A	CORN BEEF HASH	CHILLED CRUSHED PINEAPPLE	RASPBERRY GELATIN
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	ORANGE BEVERAGE	CHOCOLATE MILK
T	CHILLED GRAPE JUICE	BEEF CACCIATORE	BAKED SALISBURY STEAK
U	CRISPY RICE CEREAL	WITH SPAGHETTI	WHIPPED POTATOES
E	HARD COOKED EGGS	STEAMED WAXED BEANS	SEASONED GRAVY
S	HOMEFRIES	WHITE BREAD / MARGARINE	STEWED TOMATOES
D	CREAMED BEEF	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	WHOLE WHEAT TOAST	HAWAIIAN BEVERAGE	CHOCOLATE PUDDING
Y	WHITE MILK / COFFEE SUGAR / MARGARINE		WHITE MILK
W	CHILLED APPLE JUICE	SOUP DU JOUR	TURKEY ALA KING
E	HOT WHEAT CEREAL	ITALIAN SAUSAGE	STEAMED WHITE RICE
D	PANCAKES / SYRUP	SAUTEED PEPPERS AND ONIONS	STEAMED GREEN PEAS
N	TURKEY HAM / HOMEFRIES	HOT DOG ROLL	WHITE BREAD / MARGARINE
E	WHITE TOAST / MARGARINE	CHILLED MACARONI SALAD	SUGAR COOKIES
S	WHITE MILK / COFFEE	CHILLED FRESH ORANGE	WHITE MILK
D	SUGAR	ORANGE BEVERAGE	
A			
Y			
T	CHILLED FRESH APPLE	HOT DOGS	BAR-B-QUE CHICKEN CUBES
H	CORN FLAKES	HOT DOG ROLLS	STEAMED WHITE RICE
U	VANILLA YOGURT	MUSTARD / KETCHUP	CREOLE BEAN SAUCE
R	BOLOGNA	BOSTON BAKED BEANS	HOMEMADE CORNBREAD
S	HOMEFRIES	SAUERKRAUT	MARGARINE
D	WHOLE WHEAT TOAST/MARGARINE	CHILLED APPLESAUCE	RASPBERRY SHERBERT
A	WHITE MILK / COFFEE	LEMON BEVERAGE	WHITE MILK
Y	SUGAR		
F	CHILLED APPLE JUICE	TOMATO SOUP	VEGETABLE PRIMAVERA
R	HOT OATMEAL	GRILLED CHEESE SANDWICH	ELBOW MACARONI
I	HOMEMADE COFFEE CAKE	CHILLED COLESLAW	STEAMED SPINACH
D	HOMEFRIES	CHILLED MANDRIN ORANGES	WHOLE WHEAT BREAD / MARGARINE
A	PEANUT BUTTER	POTATO CHIPS	YELLOW CAKE W/ VANILLA ICING
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	ORANGE BEVERAGE	HOT CHOCOLATE
S	CHILLED GRAPE JUICE	BLACK BEAN SAUCE	BREADED CHICKEN PATTY
A	BRAN FLAKES	STEAMED WHITE RICE	FRENCH FRIED POTATOES
T	HARD COOKED EGGS	STEAMED WHOLE KERNEL CORN	KETCHUP
U	TURKEY SAUSAGE	WHITE BREAD / MARGARINE	STEAMED MUSTARD GREENS
R	HOMEFRIES	CHILLED CANNED MIXED FRUIT	HAMBURGER ROLL / MARGARINE
D	WAFFLES / SYRUP	GRAPE BEVERAGE	HOMEMADE FUDGE BROWNIE
A	WHITE MILK / COFFEE		WHITE MILK
Y	SUGAR/MARGARINE		
S	FRESH PETITE BANANA	SOUP DU JOUR	SLICED ROAST TURKEY
U	HOT GRITS	SHEET PAN PIZZA WITH	BREAD DRESSING
N	WHOLE WHEAT TOAST/MARGARINE	TOMATO SAUCE & CHEESE	SEASONED GRAVY
D	HOMEFRIES	TOSSED GREEN SALAD	STEAMED PEAS AND CARROTS
A	TURKEY BACON	FRENCH DRESSING	WHITE BREAD / MARGARINE
Y	WHITE MILK / COFFEE SUGAR	HOMEMADE APPLE CRISP LEMON BEVERAGE	CHILLED RICE PUDDING WHITE MILK
		<u>*PASTA SALAD</u>	

	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	HAMBURGER PATTIES	BREADED VEAL PATTY
O	HOT OATMEAL	HAMBURGER ROLLS / KETCHUP	SPAGHETTI W/ TOMATO SAUCE
N	WAFFLES / SYRUP	POTATO CHIPS	SEASONED CABBAGE
D	CREAMED BEEF	CHILLED PICKLE SPEAR	WHITE BREAD / MARGARINE
A	HOMEFRIES	CHILLED CANNED PEARS	CHOCOLATE PUDDING
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HAWAIIAN BEVERAGE	WHITE MILK
T	CHILLED GRAPE JUICE	VEGETABLE SOUP	SPICY CHICKEN FIESTA
U	BRAN FLAKES	CHILLED TUNA SALAD	STEAMED WHITE RICE
E	HAM	WHITE BREAD	TOSSED GREEN SALAD
S	HOMEFRIES	THREE BEAN SALAD	ITALIAN DRESSING
D	SCRAMBLED EGGS	CHILLED FRESH APPLE	WHITE BREAD / MARGARINE
A	WHITE TOAST / MARGARINE	ORANGE BEVERAGE	VANILLA YOGURT
Y	WHITE MILK / COFFEE SUGAR	*MACARONI SALAD	WHITE MILK
W	CHILLED APPLE JUICE	SMOKEY BEANS	NAVY BEAN SOUP
E	HOT WHEAT CEREAL	SPAGHETTI	SHEET PAN PIZZA WITH
D	HOMEMADE COFFEE CAKE	SEASONED ZUCCHINI	TOMATO SAUCE & CHEESE
N	HOMEFRIES	WHITE BREAD / MARGARINE	KIDNEY / GARBANZO BEAN SALAD
E	CORN BEEF HASH	CHILLED MANDRIN ORANGES	CHOCOLATE CHIP COOKIES
S	WHITE TOAST / MARGARINE	HAWAIIAN BEVERAGE	WHITE MILK
D	WHITE MILK / COFFEE		*PASTA SALAD
A	SUGAR		
Y			
T	CHILLED FRESH APPLE	CHILI CON CARNE	BREADED CHICKEN PATTY
H	CORN FLAKES	STEAMED WHITE RICE	SEASONED CHICKEN GRAVY
U	BOLOGNA	CHILLED COLESLAW	WHIPPED POTATOES
R	HOMEFRIES	HOMEMADE CORNBREAD	STEAMED CARROTS
S	WHITE TOAST / MARGARINE	MARGARINE	WHOLE WHEAT BREAD/ MARGARINE
D	WHITE MILK / COFFEE	CHILLED FRESH ORANGE	ORANGE GELATIN
A	SUGAR	GRAPE BEVERAGE	WHITE MILK
Y			
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL	STEWED TOMATOES	SEASONED BROWN RICE
I	HOMEFRIES	WHITE BREAD / MARGARINE	CREOLE BEAN SAUCE
D	CORN BREAD	CHILLED APPLESAUCE	TARTAR SAUCE
A	PEANUT BUTTER / GRAPE JELLY	LEMON BEVERAGE	WHITE BREAD / MARGARINE
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR		CHOCOLATE CAKE W/ VANILLA ICING WHITE MILK
S	CHILLED GRAPE JUICE	SOUP DU JOUR	SLICED BAKED MEATLOAF
A	CRISPY RICE CEREAL	SLICED TURKEY SALAMI	SEASONED BROWN GRAVY
T	VANILLA YOGURT	SLICED AMERICAN CHEESE	BOILED POTATOES
U	FRENCH TOAST W/ SYRUP	HOT DOG ROLL / MUSTARD	STEAMED WHOLE KERNEL CORN
R	HOMEFRIES	CHILLED POTATO SALAD	WHOLE WHEAT BREAD / MARG.
D	TURKEY BACON	HOMEMADE APPLE CRISP	CHOCOLATE ICE CREAM
A	WHITE TOAST / MARGARINE	GRAPE BEVERAGE	HOT CHOCOLATE
Y	WHITE MILK / COFFEE SUGAR		
S	FRESH PETITE BANANA	SPAGHETTI W/ MEAT SAUCE	BBQ CHICKEN LEGS
U	HOT GRITS	STEAMED SPINACH	STEAMED WHITE RICE
N	HARD COOKED EGGS	WHITE BREAD / MARGARINE	STEAMED CUT GREEN BEANS
D	HOMEFRIES	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	TURKEY SAUSAGE	HAWAIIAN BEVERAGE	CHILLED BREAD PUDDING
Y	WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE		WHITE MILK



SHOCK MENU

WEEK 4

Monday, July 31, 2023

	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL VANILLA YOGURT HOMEFRIES / BOLOGNA WHITE TOAST / MARGARINE APPLE JELLY WHITE MILK / COFFEE SUGAR	BEEF VEGETABLE STEW STEAMED WHITE RICE HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATO STEAMED GREEN PEAS VANILLA PUDDING WHITE MILK
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES TURKEY HAM / HOMEFRIES CORNBREAD / SYRUP WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE	RICE DIABLO WITH MEAT STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOC. ICING WHITE MILK
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE HOMEFRIES CREAMED BEEF WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWN POTATOES KETCHUP KIDNEY BEAN SALAD WITH ONIONS AND PEPPERS CHILLED MANDARIN ORANGES HAWAIIAN BEVERAGE	TUSCAN BEAN SAUCE STEAMED WHITE RICE FRENCH STYLE GREEN BEANS WHITE BREAD / MARGARINE ORANGE SHERBET WHITE MILK
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS CORN BEEF HASH HOMEFRIES BAGEL / CREAM CHEESE WHITE MILK / COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED CANNED PEACHES GRAPE BEVERAGE	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL PANCAKES / SYRUP HOMEFRIES PEANUT BUTTER WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BLACK BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP LEMON BEVERAGE *PASTA SALAD	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE RASPBERRY GELATIN HOT CHOCOLATE
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL WAFFLES / SYRUP TURKEY SAUSAGE HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE HOT DOG ROLL / MUSTARD CHILLED MACARONI SALAD CHILLED APPLESAUCE GRAPE BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARG. OATMEAL COOKIES WHITE MILK
S U N D A Y	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS TURKEY BACON HOMEFRIES WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR / MARGARINE	BREADED FISH FILLET HAMBURGER ROLL KETCHUP HOMEFRIED POTATOES CHILLED BEET SALAD CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE	CREAMED CHICKEN & GRAVY WHITE BREAD / MARGARINE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN CHOCOLATE PUDDING WHITE MILK



	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	CHILI CON CARNE	ROME STYLE LENTILS
O	HOT OATMEAL	STEAMED WHITE RICE	SPAGHETTI
N	HOMEFRIES	HOMEMADE CORNBREAD	SEASONED CABBAGE
D	PEANUT BUTTER	CHILLED COLESLAW	WHITE BREAD / MARGARINE
A	APPLE JELLY	MARGARINE	WHITE CAKE W/CHOCOLATE ICING
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	CHILLED FRESH APPLE HAWAIIAN BEVERAGE	WHITE MILK
T	CHILLED GRAPE JUICE	MINISTRONE SOUP	TURKEY CHOW MEIN
U	BRAN FLAKES	CHILLED TUNA SALAD	STEAMED WHITE RICE
E	HOMEFRIES	HAMBURGER ROLL	STEAMED MIXED VEGETABLES
S	PANCAKES / SYRUP	THREE BEAN SALAD	WHITE BREAD / MARGARINE
D	BREAKFAST PIZZA	POTATO CHIPS	CHILLED BREAD PUDDING
A	WHITE MILK / COFFEE	CHILLED MANDARIN ORANGES	WHITE MILK
Y	SUGAR	GRAPE BEVERAGE	
W	CHILLED APPLE JUICE	BEEF HUNGARIAN GOULASH	HOT DOGS
E	HOT WHEAT CEREAL	HOMEMADE BISCUIT	HOT DOG ROLLS
D	HOMEMADE COFFEECAKE	STEAMED WHOLE KERNEL CORN	POTATO TOTS
N	BOLOGNA	CHILLED APPLESAUCE	STEAMED GREEN PEAS
E	HOMEFRIES	ORANGE BEVERAGE	MUSTARD/KETCHUP
S	WHITE TOAST / MARGARINE	<u>*BUTTERED ELBOW MACARONI</u>	CHERRY GELATIN
D	WHITE MILK / COFFEE		WHITE MILK
A	SUGAR		
Y			
T	CHILLED FRESH APPLE	SPAGHETTI W/ TOMATO SAUCE	BREADED CHICKEN PATTY
H	CORN FLAKES	ITALIAN STYLE MEATBALLS	SEASONED CHICKEN GRAVY
U	HARD COOKED EGGS	STEAMED SPINACH	WHIPPED POTATOES
R	TURKEY HAM / HOMEFRIES	GARLIC HOT DOG ROLL	STEAMED SLICED CARROTS
S	WHOLE WHEAT TOAST	CHILLED CANNED PEARS	WHITE BREAD / MARGARINE
D	WHITE MILK / COFFEE	LEMON BEVERAGE	CHILLED RICE PUDDING
A	SUGAR/MARGARINE		WHITE MILK
Y			
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL	STEWED TOMATOES	STEAMED WHITE RICE
I	CREAMED BEEF / BISCUIT	WHITE BREAD / MARGARINE	CREOLE BEAN SAUCE
D	HOMEFRIES	HOMEMADE APPLE CRISP	TARTAR SAUCE
A	WHITE TOAST / MARGARINE	GRAPE BEVERAGE	WHITE BREAD / MARGARINE
Y	WHITE MILK / COFFEE SUGAR		VANILLA YOGURT WHITE MILK
S	CHILLED GRAPE JUICE	SOUP DU JOUR	MEATBALL STEW
A	CRISPY RICE CEREAL	SHEET PAN PIZZA WITH	STEAMED WHITE RICE
T	PANCAKES / SYRUP	TOMATO SAUCE & CHEESE	TOSSSED GREEN SALAD
U	HOMEFRIES	KIDNEY / GARBANZO BEAN SALAD	ITALIAN DRESSING
R	TURKEY BACON	CHILLED FRESH APPLE	WHOLE WHEAT BREAD / MARG.
D	WHITE TOAST / MARGARINE	HAWAIIAN BEVERAGE	SUGAR COOKIES
A	WHITE MILK / COFFEE	<u>*PASTA SALAD</u>	WHITE MILK
Y	SUGAR		
S	FRESH PETITE BANANA	SLOPPY JOE	BBQ CHICKEN LEGS
U	HOT GRITS	HAMBURGER ROLL	CHILLED POTATO SALAD
N	BAGEL / CREAM CHEESE	HOME FRIED POTATOES	STEAMED MIX VEGETABLE
D	TURKEY SAUSAGE	STEAMED WAX BEANS	WHITE BREAD / MARGARINE
A	HOMEFRIES	CHILLED APPLESAUCE	VANILLA ICE CREAM
Y	WHITE MILK / COFFEE SUGAR	LEMON BEVERAGE	WHITE MILK



SHOCK MENU

WEEK 6

Monday, August 14, 2023

	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	TURKEY HAM STEAK	JAMAICAN BEEF PATTY
O	HOT CINNAMON OATMEAL	SEASONED GRAVY	STEAMED WHITE RICE
N	CORN BEEF HASH	WHIPPED POTATOES	STEAMED GREEN PEAS
D	HOMEFRIES	SEASONED CABBAGE	WHITE BREAD / MARGARINE
A	HOMEMADE CORN BREAD	WHITE BREAD / MARGARINE	YELLOW CAKE W/ VANILLA ICING
Y	WHITE TOAST / MARGARINE	CHILLED MANDARIN ORANGES	CHOCOLATE MILK
	WHITE MILK / COFFEE	ORANGE BEVERAGE	
	SUGAR		
T	CHILLED GRAPE JUICE	BEEF CACCIATORE	BAKED SALISBURY STEAK
U	CRISPY RICE CEREAL	WITH SPAGHETTI	SEASONED GRAVY
E	HARD COOKED EGGS	STEAMED GREEN BEANS	WHIPPED POTATOES
S	CREAMED BEEF	WHITE BREAD / MARGARINE	STEWED TOMATOES
D	HOMEFRIES	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	WHOLE WHEAT TOAST / MARG.	HAWAIIAN BEVERAGE	CHOCOLATE PUDDING
Y	WHITE MILK / COFFEE		WHITE MILK
	SUGAR		
W	CHILLED APPLE JUICE	SOUP DU JOUR	CHICKEN CURRY
E	HOT WHEAT CEREAL	ITALIAN SAUSAGE	STEAMED WHITE RICE
D	PANCAKES / SYRUP	SAUTEED PEPPERS AND ONIONS	STEAMED MUSTARD GREENS
N	TURKEY HAM / HOMEFRIES	HOT DOG ROLL	WHITE BREAD / MARGARINE
E	WHITE TOAST / MARGARINE	CHILLED MACARONI SALAD	SUGAR COOKIES
S	WHITE MILK / COFFEE	CHILLED FRESH ORANGE	WHITE MILK
D	SUGAR	ORANGE BEVERAGE	
A			
Y			
T	CHILLED FRESH APPLE	HOT DOGS	BAR-B-QUE CHICKEN CUBES
H	CORN FLAKES	HOT DOG ROLLS	STEAMED WHITE RICE
U	HOMEMADE COFFEECAKE	MUSTARD / KETCHUP	CREOLE BEAN SAUCE
R	VANILLA YOGURT	BOSTON BAKED BEANS	HOMEMADE CORNBREAD
S	HOMEFRIES / BOLOGNA	SAUERKRAUT	MARGARINE
D	WHOLE WHEAT TOAST/MARGARINE	CHILLED APPLESAUCE	RASPBERRY GELATIN
A	WHITE MILK / COFFEE	LEMON BEVERAGE	WHITE MILK
Y	SUGAR		
F	CHILLED APPLE JUICE	TOMATO SOUP	VEGETABLE PRIMAVERA
R	HOT OATMEAL	GRILLED CHEESE SANDWICH	ELBOW MACARONI
I	HOMEFRIES	CHILLED COLESLAW	STEAMED SPINACH
D	PEANUT BUTTER	POTATO CHIPS	WHOLE WHEAT BREAD / MARGARINE
A	WHITE TOAST	CHILLED CANNED PEACHES	HOMEMADE FUDGE BROWNIE
Y	WHITE MILK / COFFEE	ORANGE BEVERAGE	WHITE MILK
	SUGAR		
S	CHILLED GRAPE JUICE	BLACK BEAN SAUCE	BREADED CHICKEN PATTY
A	BRAN FLAKES	STEAMED WHITE RICE	FRENCH FRIED POTATOES
T	FRENCH TOAST W/ SYRUP	STEAMED WHOLE KERNEL CORN	KETCHUP
U	TURKEY SAUSAGE	WHITE BREAD / MARGARINE	STEAMED SLICED CARROTS
R	HOMEFRIES	CHILLED CANNED MIXED FRUIT	HAMBURGER ROLL / MARGARINE
D	WHITE TOAST / MARGARINE	LEMON BEVERAGE	CHILLED RICE PUDDING
A	WHITE MILK / COFFEE		WHITE MILK
Y	SUGAR		
S	FRESH PETITE BANANA	SOUP DU JOUR	CHICKEN IN GRAVY
U	HOT GRITS	SHEET PAN PIZZA WITH	WHIPPED POTATOES
N	HARD COOKED EGGS	TOMATO SAUCE & CHEESE	STEAMED PEAS AND CARROTS
D	HOMEFRIES	TOSSED GREEN SALAD	WHITE BREAD / MARGARINE
A	TURKEY BACON	FRENCH DRESSING	RASPBERRY SHERBET
Y	WHOLE WHEAT TOAST	HOMEMADE APPLE CRISP	WHITE MILK
	WHITE MILK / COFFEE	GRAPE BEVERAGE	
	SUGAR/MARGARINE	<u>*PASTA SALAD</u>	

	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	HAMBURGER PATTIES	BREADED VEAL PATTY
O	HOT OATMEAL	HAMBURG ROLLS / KETCHUP	SPAGHETTI W/ TOMATO SAUCE
N	WAFFLES / SYRUP	POTATO CHIPS	STEAMED GREEN BEANS
D	CREAMED BEEF	CHILLED PICKLE SPEAR	WHITE BREAD / MARGARINE
A	HOMEFRIES	CHILLED FRESH APPLE	CHOCOLATE PUDDING
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HAWAIIAN BEVERAGE	WHITE MILK
T	CHILLED GRAPE JUICE	CHILI CON CARNE	SMOKE BEANS
U	BRAN FLAKES	STEAMED WHITE RICE	SPAGHETTI
E	WAFFLES / SYRUP	CHILLED COLESLAW	SAESONED ZUCCHINI W/ SAUCE
S	TURKEY HAM / HOMEFRIES	HOMEMADE CORNBREAD	WHITE BREAD / MARGARINE
D	WHITE TOAST / MARGARINE	MARGARINE	VANILLA YOGURT
A	WHITE MILK / COFFEE	CHILLED FRESH ORANGE	WHITE MILK
Y	SUGAR	ORANGE BEVERAGE	
W	CHILLED APPLE JUICE	SPICY CHICKEN FIESTA	NAVY BEAN SOUP
E	HOT WHEAT CEREAL	STEAMED WHITE RICE	SHEET PAN PIZZA WITH
D	HOMEMADE COFFEECAKE	TOSSED GREEN SALAD	TOMATO SAUCE & CHEESE
N	HOMEFRIES	ITALIAN DRESSING	KIDNEY / GARBANZO BEAN SALAD
E	CORN BEEF HASH	WHITE BREAD / MARGARINE	CHOCOLATE CHIP COOKIES
S	WHITE TOAST / MARGARINE	CHILLED CRUSHED PINEAPPLE	WHITE MILK
D	WHITE MILK / COFFEE	HAWAIIAN BEVERAGE	<u>*PASTA SALAD</u>
A	SUGAR		
Y			
T	CHILLED FRESH APPLE	VEGETABLE SOUP	BREADED CHICKEN PATTY
H	CORN FLAKES	CHILLED TUNA SALAD	SEASONED CHICKEN GRAVY
U	SCRAMBLED EGGS	WHITE BREAD	WHIPPED POTATOES
R	BOLOGNA	THREE BEAN SALAD	STEAMED WHOLE KERNEL CORN
S	HOMEFRIES	CHILLED MANDARIN ORANGES	WHOLE WHEAT BREAD / MARG.
D	WHITE TOAST / MARGARINE	GRAPE BEVERAGE	ORANGE GELATIN
A	WHITE MILK / COFFEE	<u>*MACARONI SALAD</u>	WHITE MILK
Y	SUGAR		
F	CHILLED APPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
R	HOT OATMEAL	STEWED TOMATOES	SEASONED BROWN RICE
I	HOMEFRIES	WHITE BREAD / MARGARINE	CREOLE BEAN SAUCE
D	HOMEMADE CORNBREAD	CHILLED APPLESAUCE	TARTAR SAUCE
A	PEANUT BUTTER / GRAPE JELLY	LEMON BEVERAGE	WHITE BREAD / MARGARINE
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR		CHOCOLATE CAKE W/ VANILLA ICING WHITE MILK
S	CHILLED GRAPE JUICE	SOUP DU JOUR	SLICED BAKED MEATLOAF
A	CRISPY RICE CEREAL	SLICED TURKEY SALAMI	SEASONED BROWN GRAVY
T	PANCAKES / SYRUP	SLICED AMERICAN CHEESE	BOILED POTATOES
U	VANILLA YOGURT	HOT DOG ROLL / MUSTARD	STEAMED CAROTTS
R	HOMEFRIES	CHILLED POTATO SALAD	WHOLE WHEAT BREAD / MARGARINE
D	TURKEY BACON	HOMEMADE APPLE CRISP	CHOCOLATE ICE CREAM
A	WHITE TOAST / MARGARINE	GRAPE BEVERAGE	WHITE MILK
Y	WHITE MILK / COFFEE SUGAR		
S	FRESH PETITE BANANA	SPAGHETTI WITH MEAT SAUCE	BBQ CHICKEN LEGS
U	HOT GRITS	STEAMED SPINACH	STEAMED WHITE RICE
N	HARD COOKED EGGS	WHITE BREAD / MARGARINE	STEAMED GREEN PEAS
D	HOMEFRIES	CHILLED APPLESAUCE	WHITE BREAD / MARGARINE
A	TURKEY SAUSAGE	HAWAIIAN BEVERAGE	CHILLED BREAD PUDDING
Y	WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE		WHITE MILK

	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL VANILLA YOGURT HOMEFRIES / BOLOGNA APPLE JELLY WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	TURKEY VEGETABLE STEW STEAMED WHITE RICE HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATO STEAMED WHOLE KERNEL CORN VANILLA PUDDING WHITE MILK
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES TURKEY HAM / HOMEFRIES HOMEMADE CORNBREAD / SYRUP WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE	SPANISH RICE WITH MEAT CHILLED BEET SALAD WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOCOLATE ICING WHITE MILK
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL CREAMED BEEF / HOMEFRIES HOMEMADE COFFEECAKE WHITE TOAST / MARGARINE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWN POTATOES KETCHUP KIDNEY BEAN SALAD WITH FRESH ONIONS & PEPPERS CHILLED CANNED PEARS HAWAIIAN BEVERAGE	TUSCAN BEANS SAUCE STEAMED WHITE RICE FRENCH STYLE GREEN BEANS WHITE BREAD / MARGARINE ORANGE SERBET WHITE MILK
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS CORN BEEF HASH / HOMEFRIES BAGEL / CREAM CHEESE WHITE MILK COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES GRAPE BEVERAGE	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL PANCAKES / SYRUP HOMEFRIES PEANUT BUTTER WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BLACK BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP LEMON BEVERAGE <u>*PASTA SALAD</u>	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE RASPBERRY GELATIN WHITE MILK
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL WAFFLES / SYRUP TURKEY SAUSAGE HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE HOTDOG ROLL / MUSTARD CHILLED MACARONI SALAD CHILLED APPLESAUCE GRAPE BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE OATMEAL COOKIES WHITE MILK
S U N D A Y	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS TURKEY BACON HOMEFRIES WHOLE WHEAT TOAST/MARGARINE WHITE MILK / COFFEE SUGAR	BEEF PEPPER STEAK ELBOW MACARONI SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE	JAMAICAN BEEF PATTY STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK