

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



	BREAKFAST	LUNCH	DINNER
M	CHILLED GRAPE 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 APPLE 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 GRAPE 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 GRAPE JUICE	TOMATO SOUP	ELBOW MACARONI W/ MARINARA SAUCE
R	HOT OATMEAL	GRILLED CHEESE SANDWICH	STEAMED SPINACH
I	HOMEMADE COFFEE CAKE	CHILLED COLESLAW	WHOLE WHEAT BREAD / MARGARINE
D	HOMEFRIES	CHILLED MANDRIN ORANGES	YELLOW CAKE W/ VANILLA ICING
A	PEANUT BUTTER	POTATO CHIPS	HOT CHOCOLATE
Y	WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	ORANGE BEVERAGE	
S	CHILLED APPLE 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 <u>*PASTA SALAD</u>	CHILLED RICE PUDDING WHITE MILK

	BREAKFAST	LUNCH	DINNER
M	CHILLED GRAPE 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 APPLE JUICE	VEGETABLE SOUP	SPICY CHICKEN FIESTA
U	BRAN FLAKES	CHILLED TUNA SALAD	STEAMED WHITE RICE
E	HAM	WHITE BREAD	TOSSSED 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 GRAPE JUICE	SMOKEY BEANS	NAVY BEAN SOUP
E	HOT WHEAT CEREAL	STEAMED WHITE RICE	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 GRAPE 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 APPLE 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, November 20, 2023

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



	BREAKFAST	LUNCH	DINNER
M	CHILLED GRAPE JUICE	CHILI CON CARNE	ROME STYLE LENTILS
O	HOT OATMEAL	STEAMED WHITE RICE	STEAMED WHITE RICE
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 APPLE JUICE	MINESTRONE 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 GRAPE 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	*BUTTERED ELBOW MACARONI	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 GRAPE 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 APPLE JUICE	SOUP DU JOUR	MEATBALL STEW
A	CRISPY RICE CEREAL	SHEET PAN PIZZA WITH	STEAMED WHITE RICE
T	PANCAKES / SYRUP	TOMATO SAUCE & CHEESE	TOSSED 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	*PASTA SALAD	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



	BREAKFAST	LUNCH	DINNER
M	CHILLED GRAPE 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 APPLE 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 GRAPE 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 GRAPE JUICE	TOMATO SOUP	ELBOW MACARONI W/ MARINARA SAUCE
R	HOT OATMEAL	GRILLED CHEESE SANDWICH	STEAMED SPINACH
I	HOMEFRIES	CHILLED COLESLAW	WHOLE WHEAT BREAD / MARGARINE
D	PEANUT BUTTER	POTATO CHIPS	HOMEMADE FUDGE BROWNIE
A	WHITE TOAST	CHILLED CANNED PEACHES	WHITE MILK
Y	WHITE MILK / COFFEE	ORANGE BEVERAGE	
	SUGAR		
S	CHILLED APPLE 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	*PASTA SALAD	

SHOCK MENU
WEEK 7
Monday, December 11, 2023

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