

Week At a Glance

Menu: Copy of SGC Selective 4 SB S/S 2020

Week 1

Sunday (Day 1)	Monday (Day 2)	Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Western Omelet Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Pancakes Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Egg Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs w/Cheese Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat French Toast Scrambled Egg Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Egg Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Baked Hamburger Steak ***** Mashed Potatoes & Gravy Green Beans Dinner Roll/Margarine Chocolate Chip Brownies Beverage	Meatloaf Lemon Baked Fish ***** Oven Browned Potatoes Buttered Corn Cream Cheese Cookies Beverage	Polish Sausage Creamy Chicken Spaghetti ***** Sauerkraut Fried Potatoes Banana Bread Beverage	Beef Tips in Gravy Sliced Baked Ham ***** Au Gratin Potatoes Broccoli (A) Banana Pudding Cake Beverage	Fried Fish BBQ Pork Riblette ***** French Fries Mixed Vegetables Cole Slaw Chocolate Mousse Beverage	Baked Chicken Salisbury Steak ***** Cheddar Mashed Potatoes Buttered Corn Mixed Fruit Cup Beverage	Baked Ziti w/ Italian Sausage Country Fried Steak ***** Mashed Potatoes w/ Cream Gravy Seasoned Spinach (A) Sliced Peaches Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day Egg Salad Sandwich Split Frank on Bun ***** Cole Slaw Baked Beans Frosted Spice Cake Milk/Beverage	Soup of the Day Pork Tenderloin on a Bun Chicken Strips ***** French Fries Green Peas Pickles & Onions Ice Cream Milk/Beverage	Soup of the Day Cheese Ravioli w/Meat Sauce Fried Bologna & Cheese Sandwich ***** Tri Tater California Blend Vegetables (A) Cookies Milk/Beverage	Homemade Vegetable Soup Chicken Salad Sandwich BBQ Meatball Sub on Bun ***** Potato Chips Marinated Cucumber & Onions Buttered Carrots (A) Rainbow Sherbet Milk/Beverage	Soup of the Day Corned Beef & Swiss on Rye Chicken & Noodles ***** Potato Wedges Peas & Carrots Coffee Cake Milk/Beverage	Soup of the Day Tuna Salad Sandwich Cheeseburger Sliders ***** Baked Macaroni & Cheese Green Beans Frosted Cake Milk/Beverage	Soup of the Day Turkey & Swiss Cheese Sandwich Beef Noodle Casserole ***** Vegetable Blend Fruit Crumble (FR) Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

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Week 2

Sunday (Day 8)	Monday (Day 9)	Tuesday (Day 10)	Wednesday (Day 11)	Thursday (Day 12)	Friday (Day 13)	Saturday (Day 14)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Western Omelet Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Pancakes Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs w/Cheese Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Egg Fried Egg Bacon Hashbrowns Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Egg Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast w/Gravy Honey Glazed Ham ***** Rosemary Roasted Potatoes Broccoli (A) Dinner Roll/Margarine Diced Pears Beverage	Brown Sugar Mustard Glazed Smoked Sausage Taco Salad ***** Spanish Rice Green Peas with Sautéed Onions Brownie Beverage	Cheeseburger on Bun Ham & Beans ***** Fried Potatoes Vegetable Blend Cornbread/Margarine Fruited Pudding (FR) Beverage	Chicken Breast in Onion Gravy Fiesta Hamburger Steak ***** Mashed Potatoes & Gravy Roasted Brussel Sprouts Snickerdoodle Blondie Bars Beverage	Rosemary Herbed Baked Chicken Meatloaf ***** Baked Potato Half Green Beans w/ Pimiento Beverage Jell-O Cake w/Whipped Topping	Fried Fish BBQ Riblette ***** Mashed Potatoes & Cream Gravy Dill & Chive Peas Fresh Fruit Cup Beverage	Beef & Cheese Baked Spaghetti Pork Fried Rice ***** Stir Fry Vegetables Strawberry Cake Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day Pimento Cheese Salad Sandwich Tuna Noodle Casserole ***** Green Beans Sugar Cookie Milk/Beverage	Soup of the Day Ball Park Sloppy Joes Chicken Pot Pie ***** Tater Tots Buttered Carrots (A) Fruited Gelatin (FR) Milk/Beverage	Soup of the Day BBQ Chopped Beef on Bun Creamy Chicken w/Pasta Sandwich ***** French Fries Catalina Blend Vegetables Goosey Butter Cookies Milk/Beverage	Soup of the Day Turkey Sandwich on White Grilled Cheese and Tomato Sandwich ***** Green Beans Tater Tots Frosted Cake Milk/Beverage	Soup of the Day Ham Salad on Rye Chicken Caesar Wrap ***** Mixed Vegetables Cole Slaw Fruit Crisp (FR) Milk/Beverage	Soup of the Day Grilled Turkey & Swiss Sandwich Chili Dog ***** Potato Salad Baked Beans Cinnamon Apple Slices Milk/Beverage	Soup of the Day Chicken Salad Sandwich Homemade Pizza ***** Buttered Broccoli (A) Pears Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx	Fruit Drink Asst.Snacks/Cookies/Crx

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Week At a Glance

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Week 3

Sunday (Day 15)	Monday (Day 16)	Tuesday (Day 17)	Wednesday (Day 18)	Thursday (Day 19)	Friday (Day 20)	Saturday (Day 21)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Western Omelet Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Pancakes Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs w/Cheese Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat French Toast Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Eggs Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roast Turkey Salsbury Steak ***** Mashed Potatoes & Gravy Peas & Sauteed Onions Dinner Roll/Margarine Peach Cobbler (FR) Beverage	Swedish Meatballs w/Sauce Creamy Chicken w/Pasta ***** Spinach (A) Brownie Beverage	Pork Choppette Herb Buttered Triapia ***** Oven Roasted Potatoes Brussel Sprouts Creamy Orange Cake Beverage	Meatloaf BBQ Riblette ***** Chive Studded Mashed Potatoes Green Beans Lime Gelatin with Pears (FR) Beverage	Chicken Enchiladas Spaghetti & Meatballs ***** Pinto Beans Bread Stick Tropical Fruit with Whipped Topping Beverage	Glazed Ham Crispy Fish Fillet ***** Scalloped Potatoes Sweet & Sour Red Cabbage Angel Food Cake Beverage	Mostaccioli with Meat Sauce Ham & Potato Au Gratin ***** California Blend Vegetables (A) Cherry Cake Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day BBQ Beef on Bun Grilled Cheese and Tomato Sandwich ***** Roasted Corn & Black Beans Tapioca Pudding Milk/Beverage	Chili Ham Salad Sandwich Chili Cheese Dog ***** French Fries Sliced Tomatoes Lemon Cream Cake Milk/Beverage	Creamy Tomato Soup Grilled Cheese Sandwich Chicken Patty on Bun ***** Tater Tots Five Way Mixed Vegetables (A) Sugar Cookie Milk/Beverage	Soup of the Day Fish on Bun Egg Salad on Wheat Bread ***** Tater Tots Asian Vegetables Chocolate Chip Cookie Bar Milk/Beverage	Soup of the Day Chicken Tenders Cheese Pizza ***** French Fries Dipping Sauce Italian Green Beans Pears Milk/Beverage	Soup of the Day Cheese Tortellini/Marinara Sauce Grilled Chicken on Bun ***** Vegetable Blend Potato Chips Fruit Fluff (FR) Milk/Beverage	Garden Vegetable Soup Pork Tenderloin Sandwich Spinach and Cheese Quiche ***** Onion & Pickle Slice Potato Wedges Sherbet Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx

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Week 4

Sunday (Day 22)	Monday (Day 23)	Tuesday (Day 24)	Wednesday (Day 25)	Thursday (Day 26)	Friday (Day 27)	Saturday (Day 28)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Western Omelet Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Pancakes Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Eggs Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs w/Cheese Fried Egg Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs Fried Egg Hashbrowns Bacon Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Buttermilk Biscuit Country Gravy Scrambled Eggs Sausage Patty Toast Margarine/Jelly Milk/Beverage	Assorted Juice Hot Cereal: Oatmeal or Cream of Wheat Scrambled Eggs Fried Egg Bacon or Sausage Patty Toast Margarine/Jelly Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roast Beef Oven Fried Chicken ***** Mashed Potatoes & Gravy Spinach (A) Dinner Roll/Margarine Banana Cupcake Beverage	Herb Roasted Chicken Cheeseburger on Bun ***** Lettuce, Onion, Pickle Seasoned Steak Fries Four Way Mixed Vegetables Frosted Cake Beverage	Herb Baked Fish Brown Sugar Mustard Glazed Smoked Sausage ***** Cheesy Rice Italian Blend Vegetables (A) Fruited Gelatin (FR) Beverage	Salisbury Steak Lemon Garlic Chicken ***** Corn on the Cob Creamy Noodles Goosey Butter Cookies Beverage	Beef Soft Taco Pan Fried Pork Chop ***** Mashed Potatoes & Gravy Stuffing Vegetable Medley Chocolate Gold Cake Beverage	Fish of the Day Brown Sugar Glazed Ham ***** Tartar Sauce Macaroni & Tomatoes Peanut Butter Pie Beverage	BBQ Pork Steak Fettuccini Alfredo with Spinach & Mushrooms ***** Seasoned Carrots (A) Marinated Tomato Salad Garlic Bread Mandarin Oranges Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Soup of the Day Tuna Salad Sandwich Chicken Caesar Wrap ***** Potato Chips Cole Slaw Orange Pineapple Cup Milk/Beverage	Soup of the Day Chicken & Noodles Fried Bologna & Cheese Sandwich ***** Peas & Carrots Cheese Puffs Blushing Pears Milk/Beverage	Soup of the Day Sloppy Joe on a Bun Grilled Ham & Swiss Cheese Sandwich ***** Buttered Corn Tater Tots Pudding Parfait Milk/Beverage	Soup of the Day BBQ Pork Riblette Meatballs w/Gravy ***** Mashed Potatoes Green Beans Orange Sherbet Milk/Beverage	Soup of the Day Corn Dog Chicken Patty on Bun ***** (or) French Fries Calico Beans Lemon Cheesecake Bar Milk/Beverage	Soup of the Day Chicken Pot Pie ***** Polish Sausage on Bun Fried Potatoes Brussel Sprouts Frosted Angel Food Cake Milk/Beverage	Soup of the Day Bologna Salad Sandwich BBQ Chicken on Bun ***** Harvard Beet Salad Fried Okra Chocolate Pudding Milk/Beverage
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx	Fruit Drink Asst. Snacks/Cookies/Crx

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