

10/31 Sunday (Day 1)	11/1 Monday (Day 2)	11/2 Tuesday (Day 3)	11/3 Wednesday (Day 4)	11/4 Thursday (Day 5)	11/5 Friday (Day 6)	11/6 Saturday (Day 7)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Oatmeal Scrambled Eggs Hard Fried Eggs Over Easy Egg Over Medium Egg Hard Boiled Egg Breakfast Ham Slice Toast Margarine Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Fried Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Eggs Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Over Easy Egg Over Medium Egg Hard Fried Eggs Scrambled Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Over Easy Egg Fried Egg Scrambled Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Over Easy Egg Over Medium Egg Scrambled Egg Hard Boiled Egg Hard Fried Eggs Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Oatmeal
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Gravy Country Green Beans with Bacon & Onion Strawberry Rhubarb Pie Hot Roll/Margarine Beverage ..... Fortified Mashed Potatoes	Spaghetti with Meat Sauce Italian Blend Vegetables (A) Italian Tossed Salad Apple Crisp (FR) Bread Stick Beverage ..... Super Salad	Brown Gravy Meatloaf Mashed Potatoes Broccoli (A) Glazed Lemon Cake Beverage ..... Fortified Mashed Potatoes	Sweet & Sour Chicken Steamed Rice Oriental Vegetables Egg Roll Mandarin Orange Cake Beverage ..... Cheesy Rice	Beef Steak w/ Mushrooms & Onions Roasted Redskin Potatoes Buttered Cabbage Cranberry Fluff (FR) Beverage ..... Fortified Mashed Potatoes	Shrimp Alfredo w/Linguine Buttered Peas Tossed Salad/Dressing Banana Cream Pie Beverage ..... Fortified Creamed Peas	Beef Goulash Vegetable Blend Fruit Cocktail Frosted Spice Cake Garlic Bread Stick Beverage ..... Super Cookie
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Bean Soup Grilled Ham & Cheese Sandwich Fruit Cocktail Potato Chips Milk/Beverage ..... Fortified Soup of the Day	Baked Ham Scalloped Potatoes Buttered Carrots (A) Frosted Chocolate Cake Milk/Beverage ..... Fortified Pudding w/Whipped Topping	Cream of Broccoli Soup Breaded Chicken Patty on Bun Crinkle Cut French Fries Relish Plate Fruited Gelatin with Topping (FR) Crackers Milk/Beverage ..... Fortified Gelatin Whip	Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Cornbread/Margarine Strawberries & Bananas Milk/Beverage ..... Super Salad	Pork Gravy Marinated Pork Loin Mashed Potatoes Meadow Blend Vegetables Mandarin Oranges Milk/Beverage ..... Fortified Mashed Potatoes	Beef Stew Harvard Beet Salad Tropical Fruit Cheese Herb Biscuit Milk/Beverage ..... Super Cookie	Country Fried Steak Mashed Potatoes & Cream Gravy Pinto Beans Baked Apple Slices Milk/Beverage ..... Fortified Mashed Potatoes

11/7	11/8	11/9	11/10	11/11	11/12	11/13
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 Cream of Wheat Cereal Over Medium Egg Over Easy Egg Scrambled Egg Hard Boiled Egg Hard Fried Eggs Breakfast Ham Slice Margarine/Jelly Toast Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Over Easy Egg Over Medium Egg Scrambled Eggs Hard Boiled Egg Hard Fried Eggs 2 Strips Bacon Toast Margarine Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Over Medium Egg Over Easy Egg Scrambled Eggs Hard Boiled Egg Hard Fried Eggs Sausage Links Sausage Patties Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Over Medium Egg Over Easy Egg Scrambled Eggs Hard Fried Eggs 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Over Medium Egg Over Easy Egg Scrambled Eggs Hard Boiled Egg Hard Fried Eggs Sausage Links Sausage Patties Toast Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Over Medium Egg Over Easy Egg Scrambled Eggs Hard Boiled Egg Hard Fried Eggs 2 Strips Bacon Margarine Toast Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Over Medium Egg Over Easy Egg Scrambled Eggs Hard Boiled Egg Hard Fried Eggs Sausage Links Sausage Patties Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream Gravy Fried Chicken Mashed Potatoes Steamed Broccoli (A) Cherry Pie Hot Roll/Margarine Beverage Power Potatoes	Lasagna California Blend Vegetables Caesar Salad Angel Food Cake w/Strawberries Garlic Bread Stick Beverage	Roast Turkey & Gravy Mashed Sweet Potatoes (A) Buttered Peas Bread Pudding with Vanilla Sauce Beverage Fortified Creamed Peas	Meatloaf with Ketchup Glaze Mashed Potatoes & Gravy Fried Okra Pineapple Upside Down Cake Beverage Power Potatoes	Swiss Steak with Tomatoes Baked Potato w/Sour Cream Caesar Salad Peaches Beverage Power Potatoes	Honey Glazed Pork Loin Scalloped Corn Steamed Broccoli (A) Creamy Custard Pie Beverage Fortified Corn Casserole	Beef Stroganoff Over Egg Noodles Buttered Peas Broccoli Slaw (A) Strawberry Jell-O Cake Beverage Fortified Creamed Peas
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Hawaiian Meatballs Garden Blend Rice Creamy Cole Slaw Fruit Salad Milk/Beverage Super Salad	Stuffed Bell Pepper Green Beans with Onions Chocolate Mousse Milk/Beverage Fortified Pudding	Pulled Pork on Bun Baked Beans Potato Chips Peach Crisp (FR) Milk/Beverage	Chicken & Dumplings Glazed Carrots Blueberry Cobbler (FR) Milk/Beverage Super Salad	Cheese Enchiladas Red Beans & Rice Lettuce & Tomato Salad Salsa Sour Cream Cinnamon Coffee Cake Milk/Beverage	Tuna Noodle Casserole Five Way Mixed Vegetables Cinnamon Baked Apples Milk/Beverage	Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Bean Casserole Brownie Milk/Beverage Fortified Mashed Potatoes
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink

11/14	11/15	11/16	11/17	11/18	11/19	11/20
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 Oatmeal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg Breakfast Ham Slice Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Eggs Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg Slices Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Oatmeal
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream Gravy Fried Chicken Mashed Potatoes Green Bean Casserole Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage ----- Fortified Mashed Potatoes	Salisbury Steak Mashed Potatoes & Gravy Corn on the Cob Apple Cobbler (FR) Beverage Fortified Mashed Potatoes -----	Baked Ham Mashed Sweet Potatoes (A) Brussels Sprouts w/Bacon Jell-O Cake w/Whipped Topping Beverage -----	Swedish Meatballs with Sauce Buttered Rice Buttered Carrots (A) Fruited Gelatin (FR) Beverage ----- Fortified Gelatin Whip	Chicken Parmesan Parslied Buttered Noodles Cauliflower with Cheese Sauce Pear Crisp (FR) Beverage -----	Tuna Salad Cold Plate Club Crackers Cottage Cheese w/Fruit (FR) Vanilla Pudding Beverage -----	Cranberry Glazed Pork Loin Sour Cream Chive Mashed Potatoes Lima Beans Cherry Cheesecake Beverage -----
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Taco Salad Refried Beans Salsa Sour Cream Fruit Cup Milk/Beverage -----	Minestrone Soup Egg Salad on Croissant Pickled Beets Chocolate Chip Cookie Bar Milk/Beverage ----- Super Cookies (Fortified)	Club Turkey Wrap Potato Chips Pea Salad Spiced Peaches Milk/Beverage ----- Super Cookies (Fortified)	Pepper Beef Patty Mashed Potatoes & Gravy Creamed Corn Mandarin Oranges & Bananas Milk/Beverage ----- Fortified Mashed Potatoes	Deluxe Potato Ham Bake Five Way Mixed Vegetables (A) Pudding Parfait Cornbread/Margarine Milk/Beverage ----- Fortified Pudding	Beef & Bean Chili Shredded Cheese Corn Chips Creamy Cole Slaw Goopy Butter Cookies Milk/Beverage ----- Super Cookies (Fortified)	Beef Stew Tossed Salad/Dressing Biscuit/Margarine Fruit Salad Milk/Beverage ----- Super Cookies (Fortified)

11/21 Sunday (Day 22)	11/22 Monday (Day 23)	11/23 Tuesday (Day 24)	11/24 Wednesday (Day 25)	11/25 Thursday (Day 26)	11/26 Friday (Day 27)	11/27 Saturday (Day 28)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs Breakfast Ham Slice Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Eggs Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Boiled Egg Hard Fried Eggs Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Cream Gravy Five Way Mixed Vegetables (A) Mock Pecan Pie Dinner Roll/Margarine Beverage Power Potatoes	Pork Gravy Herb Roasted Pork Loin Stuffing Green Beans with Onions Mandarin Oranges & Pineapple Beverage	Glazed Baked Ham Baked Fresh Sweet Potato (A) Buttered Cabbage Angel Food Cake w/Strawberries (FR) Margarine Beverage	BBQ Baked Chicken Rosemary Roasted Red Potatoes Cauliflower with Cheese Sauce Peach Cobbler Beverage Power Potatoes	<i>Thanksgiving Dinner</i>	Chicken & Rice Casserole Buttered Peas & Carrots (A) Fruit Cocktail Frosted Chocolate Cake Beverage	Deli Sandwich Lettuce/Tomato/Pickle Homemade Potato Salad Fruit Cup Ketchup/Mayo/Mustard Beverage
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Pizza Italian Tossed Salad Snickerdoodles Bread Stick Milk/Beverage Super Salad	Country Fried Steak w/ Gravy Garlic Mashed Potatoes Roasted Brussel Sprouts Chocolate Mousse Milk/Beverage Power Potatoes	Brown Gravy Open Faced Roast Beef Sandwich Mashed Potatoes Tossed Salad/Dressing Apple Orchard Bar Milk/Beverage Super Salad	Polish Sausage on Bun Sauerkraut Fried Potatoes Ambrosia Milk/Beverage	Pork Tenderloin on a Bun Onion & Pickle Slice Sweet Potato Puffs (A) Creamy Cole Slaw Creamy Orange Cake Milk/Beverage	Ham Salad Sandwich Marinated Tomato Salad Potato Chips Banana Pudding Milk/Beverage	Swiss Steak with Tomatoes Baked Potato w/Sour Cream Steamed Broccoli (A) Pumpkin Pie (A) Margarine Milk/Beverage Power Potatoes
<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>	<b>Evening Snack</b>
Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink	Fruit Drink

11/28 Sunday (Day 1)	11/29 Monday (Day 2)	11/30 Tuesday (Day 3)	Wednesday (Day 4)	Thursday (Day 5)	Friday (Day 6)	Saturday (Day 7)
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Juice Oatmeal Scrambled Eggs Hard Fried Eggs Over Easy Egg Over Medium Egg Hard Boiled Egg Breakfast Ham Slice Toast Margarine Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Scrambled Egg Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Scrambled Egg Over Medium Egg Over Easy Egg Hard Fried Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Scrambled Eggs Over Easy Egg Over Medium Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Oatmeal	Assorted Juice Cream of Wheat Cereal Over Easy Egg Over Medium Egg Hard Fried Eggs Scrambled Eggs Hard Boiled Egg Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Cream of Wheat	Assorted Juice Cream of Rice Cereal Over Easy Egg Fried Egg Scrambled Egg Hard Fried Eggs Hard Boiled Egg 2 Strips Bacon Toast Margarine/Jelly Milk/Beverage Super Cream of Rice	Assorted Juice Oatmeal Over Easy Egg Over Medium Egg Scrambled Egg Hard Boiled Egg Hard Fried Eggs Sausage Patties Sausage Links Toast Margarine/Jelly Milk/Beverage Super Oatmeal
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Fried Chicken Mashed Potatoes & Gravy Country Green Beans with Bacon & Onion Strawberry Rhubarb Pie Hot Roll/Margarine Beverage ..... Fortified Mashed Potatoes	Spaghetti with Meat Sauce Italian Blend Vegetables (A) Italian Tossed Salad Apple Crisp (FR) Bread Stick Beverage ..... Super Salad	Brown Gravy Meatloaf Mashed Potatoes Broccoli (A) Glazed Lemon Cake Beverage ..... Fortified Mashed Potatoes	Sweet & Sour Chicken Steamed Rice Oriental Vegetables Egg Roll Mandarin Orange Cake Beverage ..... Cheesy Rice	Beef Steak w/ Mushrooms & Onions Roasted Redskin Potatoes Buttered Cabbage Cranberry Fluff (FR) Beverage ..... Fortified Mashed Potatoes	Shrimp Alfredo w/Linguine Buttered Peas Tossed Salad/Dressing Banana Cream Pie Beverage ..... Fortified Creamed Peas	Beef Goulash Vegetable Blend Fruit Cocktail Frosted Spice Cake Garlic Bread Stick Beverage ..... Super Cookie
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Bean Soup Grilled Ham & Cheese Sandwich Fruit Cocktail Potato Chips Milk/Beverage ..... Fortified Soup of the Day	Baked Ham Scalloped Potatoes Buttered Carrots (A) Frosted Chocolate Cake Milk/Beverage ..... Fortified Pudding w/Whipped Topping	Cream of Broccoli Soup Breaded Chicken Patty on Bun Crinkle Cut French Fries Relish Plate Fruited Gelatin with Topping (FR) Crackers Milk/Beverage ..... Fortified Gelatin Whip	Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Cornbread/Margarine Strawberries & Bananas Milk/Beverage ..... Super Salad	Pork Gravy Marinated Pork Loin Mashed Potatoes Meadow Blend Vegetables Mandarin Oranges Milk/Beverage ..... Fortified Mashed Potatoes	Beef Stew Harvard Beet Salad Tropical Fruit Cheese Herb Biscuit Milk/Beverage ..... Super Cookie	Country Fried Steak Mashed Potatoes & Cream Gravy Pinto Beans Baked Apple Slices Milk/Beverage ..... Fortified Mashed Potatoes