

TUESDAY LUNCH

REGULAR / CONS CHO= ____ star

Our chef has prepared a few specials for lunch:

#1 Chicken and Dumplings*** served with Mixed Vegetable*

#2 Pineapple Cottage Cheese & Fruit Plate** served with Chicken Noodle Soup*

Which one would you prefer?

What would you like to drink?

<u>Skim milk*</u>	Ice Tea	Hot Tea
2% milk*	Decaf Ice Tea	Decaf Hot Tea
Whole milk*	Coffee	
Chocolate milk**	Decaf Coffee	

Don't forget the Condiments

Sugar	Salt	Margarine
Sugar Sub	<u>Pepper</u>	Crackers (2)
Creamer	Mrs Dash	SF Crackers (2)

EXTRAS:

M-5150-B (6/15)

TUESDAY DINNER

REGULAR / CONS CHO= ____ star

Our chef has prepared a few specials for dinner:

#1 Shephards Pie made with Mixed vegetables and Mashed potatoes*

#2 BBQ Pork on Wheat Bun** served with Rosemary Redskin Potatoes*, Coleslaw

Which one would you prefer?

Would you like dessert with dinner?

Dessert of the day is Apple Crisp**

What would you like to drink?

Skim milk*	Ice Tea	Hot Tea
2% milk*	Decaf Ice Tea	Decaf Hot Tea
Whole milk*	<u>Coffee</u>	
Chocolate milk**	Decaf Coffee	

Don't forget the Condiments

<u>Sugar</u>	Salt	Margarine
Sugar Sub	<u>Pepper</u>	
<u>Creamer</u>	Mrs Dash	

EXTRAS:

M-5150-B (6/15)

WEDNESDAY BREAKFAST

REGULAR / CONS CHO= ____ star

For breakfast today, our chefs have prepared:

#1 Whole Grain Blueberry Pancake** served with sausage links (2)

#2 Choice of Oatmeal* or Cold Cereal*, served with Vanilla Yogurt* and Diced Pears*

Which one would you prefer?

What would you like to drink?

<u>Skim milk*</u>	<u>Coffee</u>	<u>Orange Juice*</u>
2% milk*	Decaf Coffee	Apple juice*
Whole milk*	Hot Tea	Prune Juice*
Chocolate milk**	Decaf Hot Tea	Cranberry Juice*

Don't forget the Condiments

<u>Sugar</u>	Salt	<u>Margarine</u>
Sugar Sub	Pepper	<u>Syrup*</u>
<u>Creamer</u>	Mrs Dash	SF Syrup
		Brown Sugar*

EXTRAS:

M-5150-B (6/15)