



October 2024

Breakfast menu

SUN	MON	TUES	WED	THUR	FRI	SAT	
Every Morning: Oatmeal, Cheerios Raisin Bran, Bran Flakes, Special K, Shredded Wheat	Meat B- Bacon L- Sausage Link P- Sausage Patty	Good Morning, Rise & Shine					
		1 Cereal Eggs Toast Meat (B)	2 Pastries Eggs Toast Meat (L)	3 Cereal Eggs Toast Meat (B) Biscuits & Gravy	4 Cereal Eggs Toast Meat (P)	5 Cereal Eggs Toast Meat (B)	
6 Cereal Eggs Toast Meat (L)	7 Pancakes Meat (B)	8 Cereal Eggs Toast Meat (P)	9 Pastries Eggs Toast Meat (B)	10 Cereal Eggs Toast Meat (L) Biscuits & Gravy	11 Cereal Eggs Toast Meat (B)	12 Cereal Eggs Toast Meat (P)	
13 Cereal Eggs Toast Meat (B)	14 French Toast Meat (L)	15 Cereal Eggs Toast Meat (B)	16 Pastries Eggs Toast Meat (P)	17 Cereal Eggs Toast Meat (B) Biscuits & Gravy	18 Cereal Eggs Toast Meat (L)	19 Cereal Eggs Toast Meat (B)	
20 Cereal Eggs Toast Meat (P)	21 Pancakes Meat (B)	22 Cereal Eggs Toast Meat (L)	23 Pastries Eggs Toast Meat (B)	24 Cereal Eggs Toast Meat (P) Biscuits & Gravy	25 Cereal Eggs Toast Meat (B)	26 Cereal Eggs Toast Meat (L)	
27 Cereal Eggs Toast Meat (B)	28 French Toast Meat (P)	29 Cereal Eggs Toast Meat (B)	30 Pastries Eggs Toast Meat (L)	31 Cereal Eggs Toast Meat (B) Biscuits & Gravy			

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Noon/Supper *Menu*

SUN	MON	TUES	WED	THUR	FRI	SAT
		Please have Substitutions to the Kitchen by: 10:00 am for Noon Meal 12:00 pm for Supper Meal		Substitution List Hamburger Chef Salad Meat/Chz Sandwich Fried Egg Sandwich Baked Potato Chicken Breast Peanut Butter & Jelly Sandwich		
		1 Chili Dogs Pancakes Egg Sandwiches	2 Philly Cheese Steak Sandwich Chili & Cinnamon Rolls	3 Chicken Stir Fry Tuna Fish Casserole	4 Fried Shrimp Veggie Beef Stew Grilled Ham & Cheese Sandwich	5 Pizza Potato Soup Lasagna
6 Roast Beef Dinner or Hot Beef Sandwich Chicken Enchilada & Rice	7 Meatloaf BLT Chicken Mac & Cheese	8 Steak & Potato Taco Soup Cold Cut Sandwich	9 Patty Melt Beef Burrito Refried Black Beans & Rice	10 Chicken Caesar Salad Tomato Soup Grilled Cheese	11 Salmon Corn Chowder Tater Tot Casserole	12 Baked Potato Broccoli Soup Cold Cut Sandwich
13 Turkey Dinner Chef Salad Beef & Rice	14 Ribs Chicken Noodle Soup Chili and Cinnamon Rolls	15 Spaghetti & Garlic Bread Biscuits & Gravy Egg Sandwiches	16 Taco/Burrito Chef Salad Smash Burgers	17 Chicken & Dumplings Lil' Smokies Cheese & Crackers	18 Cod Loin Chicken Noodle Soup Beef Salad Sandwich	19 Pork Chops Chicken Mac & Cheese
20 Baked Ham Alfredo (white sauce) Cavatini (red Sauce)	21 Chicken Fried Steak Tuna Sandwich Melt	22 Liver & Onions Barley Soup Chicken Sandwiches	23 French Dip Broccoli Soup Frito Pie	24 Fried Chicken Spaghetti & Garlic Bread	25 Poor Man's Lobster Chicken Noodle Soup Beef Salad Sandwich	26 Taco Salad Chili Cinnamon Rolls
27 Chicken Alfredo & Penne Pasta Chef Salad Leek Soup	28 Mushroom & Swiss Burger Minestrone Soup BLT	29 Roast Beef Dinner or Hot Beef Sandwich Tomato Soup Grilled Cheese	30 Ruben Beef Stroganoff	31 Pork Chops Potato Soup Chicken Salad Sandwich		