

WEEK # 3

Menu 2023

Flip over for week 4

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Breakfast Menu Items For The WeekOatmeal  
Cold Cereal  
Cream of WheatEggs Any Style  
  
BaconToast  
  
Assorted Muffins

Milk

Assortment  
Of Fruit JuicesTea  
  
Coffee1/2 Grapefruit  
1/2 Orange  
BananasFathers Day  
18-Jun

	12-Jun MONDAY	13-Jun TUESDAY	14-Jun WEDNESDAY	15-Jun THURSDAY	16-Jun FRIDAY	17-Jun SATURDAY	18-Jun SUNDAY
D I N N E R	Cream of Mushroom  Liver and Onion  Yellow Beans  Pears	Barley Soup  Sweet and Sour Pork  Mashed Potatoes Rice Pilaf  Broccoli  Squares	Beef Noodle Soup  Glazed Chicken  Mashed Potatoes  Carrots  Apple crisp	Vegetable Soup  Salisbury Steak with Fried Onions and Mushroom  Mashed or Baked Potatoes Cauliflower  Melon	Hamburger Soup  BBQ  Peaches	Rice Soup  Rib-Style Pork Cutlet in BBQ sauce Mashed Potatoes Rice pilaf  Green Beans  Grapes	Hamburger Soup Baked Ham Scalloped or Mashed Potatoes Corn    Pie
S U P P E R	Cream of Mushroom  Hot Chicken sandwich  Cole Slaw  Blueberry Cake	Barley Soup  Rappie Pie  Brown Bread  Fruit Cocktail	Beef Noodle Soup  Spaghetti and Meat sauce  Garlic Bread  Pudding	Vegetable Soup  Pancake  Sausage  Pineapple Cake	* Chicken Stew  Biscuit  Pumpkin Tarts	Rice Soup  Corned Beef Hash  Chow chow  Apple Sauce	Seafood Choder Rolls    Blueberry Cobbler

Menu may change without notice

HS Snack Menu							Crackers With Peanut Butter or Cheese
Cookies	pudding	Fig cookies	Toast	Nutri Grain Bars	Cookies		