

SAMPLE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PICKLED BEET SALAD	GREEN SALAD				COLESLAW	TOSSED GREEN SALAD
BAKED CHICKEN BREAST	MEAT LOAF W/SAUCE	CHICKEN & DUMPLINGS	SPAGHETTI W/MEATBALLS	GRILLED TILAPIA	BAR-B-QUE CHICKEN	POT ROAST W/ POTATOES
RICE & CARROT SQUARES	MASHED POTATOES	BAKED SWEET POTATOES		MACRONNI & CHEESE	BAKED POTATOES	
BUTTERED SPINACH	GREEN BEANS	MUSTARD GREENS	BRUSSEL SPROUTS	SEASONED BROCCOLI	SOUTHERN COOKED CABBAGE	GREEN PEAS
HOT ROLLS	TEXAS TOAST	CORNBREAD	GARLIC TOAST	HOT ROLLS	WHEAT BREAD	CORNBREAD
BREAD PUDDING	ICE CREAM W/TOPPINGS	BANANA PUDDING	PEACH COBBLER	POUND CAKE	STRAWBERRY CAKE	BANANA SPLIT
ICED TEA OR MILK	ICED TEA OR MILK	DIET COKE, MILK OR TEA	ICED TEA OR LEMONADE	ICED TEA OR MILK	ICED TEA, DIET COKE OR MILK	ICED TEA OR MILK
TOMATO WEDGES				LETTUCE WEDGES	COLESLAW	TOSSED GREEN SALAD
CHICKEN CURRY	GRILLED CHOPPED STEAKS	PORK ROAST & MUSHROOMS	OVEN ROASTED TURKEY	GRILLED SALMON PATTIES	OPEN FACED CHEESEBURGERS	TURKEY & STUFFING
WILD RICE	MASHED POTATOES	BAKED POTATOES	MASHED POTATOES	NOTHERN BEANS	OVEN POTATOES & PEPPERS	MASHED POTATOES
TURNIP GREENS	GREEN LIMA BEANS	MUSTARD GREENS	BRUSSEL SPROUTS	BROCCOLI & CAULIFLOWER	BROCCOLI MEDLEY	GREEN BEANS
HOT ROLLS	WHEAT BREAD	CORNBREAD	GARLIC TOAST	HOT ROLLS	WHEAT BREAD	HOT ROLLS
PUMPKIN PIE	MIXED FRUIT CUP	APPLE COBBLER	PEACH COBBLER	YELLOW CAKE W/ BERRIES	STRAWBERRY CAKE	JELLO & WHIPPED CREAM
ICED TEA OR MILK	ICED TEA OR MILK	DIET COKE, MILK OR TEA	ICED TEA OR LEMONADE	DIET COKE OR MILK	ICED TEA, DIET COKE OR MILK	ICED TEA OR MILK
SALISBURY STEAK	BAKED HONEY HAM	BAKED CHICKEN & STUFFING	TURKEY POT PIE	GRILLED TILAPIA	TOMATO SLICES	CHOPPED SIRLON STEAKS
BAKED SWEET POTATOES	MACARONI & CHEESE	BLACK-EYED PEAS		MACRONNI & CHEESE	BAKED PASTA & FRANKS	RICE
GREEN BEANS	MIXED VEGETABLES	MUSTARD GREENS	BUTTERED SPINACH	PEAS & CARROTS	STIR FRY ZUCCINNI	TURNIP GREENS
WHEAT BREAD	TEXAS TOAST	HOT ROLLS	WHEAT BREAD	HOT ROLLS	WHEAT BREAD	WHEAT BREAD
FRUIT JELLO	RICE PUDDING	CHOCOLATE PUDDING	LEMON POUND CAKE	ICE CREAM W/TOPPINGS	STRAWBERRY SHORT CAKE	BANANA CAKE
ICED TEA OR MILK	ICED TEA OR MILK	DIET COKE, MILK OR TEA	ICED TEA OR LEMONADE	ICED TEA OR MILK	ICED TEA, DIET COKE OR MILK	ICED TEA OR MILK
PICKLED BEET SALAD	ROMAINE W/DRESSINGS	SLICED TOMATOES			PICKLED BEETS	
TUNA CASSAROLE	BAR--B-QUE BRISKET	OVEN FRIED CHICKEN W/ GRAVY	ROAST BEEF W/GRAVY	GRILLED SHRIMP MEDLEY	CHOPPED STEAK	CHICKEN & DUMPLINGS
	PINTO BEANS	RICE	ROASTED POTATOES	WHITE RICE	CREAM CORN	CANDIED YAMS
GREEN LIMA BEANS	BROCCOLI CASSEROLE	STEAMED SPINACH	MUSTARD GREENS	STIR FRY OKRA	SAUTEED ZUCCHINI SQUASH	COLLARD GREENS
TEXAS TOAST	CORNBREAD	HOT ROLLS	GARLIC TOAST	HOT ROLLS	WHEAT BREAD	CORNBREAD
COUNTRY POUND CAKE	GINGERBREAD	BANANA PUDDING	COOKIES & ICE CREAM	BAKED APPLES	CHOCOLATE CAKE	ICE CREAM SUNDAE
ICED TEA OR MILK	ICED TEA OR MILK	DIET COKE, MILK OR TEA	ICED TEA OR LEMONADE	ICED TEA OR LEMONADE	ICED TEA, DIET COKE OR MILK	ICED TEA OR MILK