

WEEK 2—MEAL TIME : BREAKFAST 7:30 —9:00 A.M., LUNCH 11:30 A.M.—1:00 P.M., DINNER 4:30—6:00 P.M.

	SUNDAY SEPT 15, 2019	MONDAY SEPT 16, 2019	TUESDAY SEPT 17, 2019	WEDNESDAY SEPT 18, 2019	THURSDAY SEPT 19, 2019	FRIDAY SEPT 20, 2019	SATURDAY SEPT 21, 2019
B R E A K F A S T	WAFFLE / EGGS TO ORDER FROSTED FLAKES/ RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	BREAKFAST CASSEROLE EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE PORK LINK SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT AND FRUIT PARFAIT	FRENCH TOAST / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	SAUSAGE AND EGG BISCUIT EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN BAGEL W/ CREAM CHEESE	PANCAKES / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SSEASONAL FRUIT	BISCUIT AND GRAVY EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT
L U N C H	DEVILED EGGS EYE OF ROUND BEEF KING RANCH CHICKEN SCALLOPED POTATOES ROASTED ZUCCHINI ROLL CHEF’S DESSERT OR WHOLE FRUIT	COLESLAW BBQ CHICKEN THIGHS BBQ RIBS MAC & CHEESE BAKED BEANS COLLARD GREENS ROLL DESSERT OF THE DAY OR CUT FRUIT	JELLO WITH PEARS BEEF RAVIOLI OR TURKEY POT PIE GREEN BEANS ORANGE HONEY CARROTS BREADSICK DESSERT OF THE DAY OR WHOLE FRUIT	CORN AND MUSHRROM SALAD BEEF TIPS / EGG NOODLES OR SALMON WITH GREEN BEANS AND TOMATOES SWEET POTATO ASPARAGUS WITH TOPPING ROLL DESSERT OF THE DAY OR CUT FRUIT	GARDEN SALAD VEGETABLE LASAGNA SEAFOOD GUMBO EGG NOODLES GREEN BEANS GARLIC BREAD DESSERT OF THE DAY OR WHOLE FRUIT	ORANGE WEDGES TURKEY DIVAN OR SEARED TALAPIA W/ PINEAPPLE, CUCUMBER BROCCOLI CARROTS APPLESAUCE, ROLL DESSERT OF THE DAY OR CUT FRUIT	PINEAPPLE AND COTTAGE CHEESE CHOPPED STEAK BEEF LIVER BEETS , COLLARDS MASHED POTATOES ROLL DESSERT OF THE DAY OR WHOLE FRUIT
D I N N E R	SOY MARINATED PORK OR BBQ CHICKEN SALAD SANDWICH POTATO CHIPS BROCCOLI SLAW STRAWBERRIES ASSORTED DESSERT	CHICKEN , POTATO AND VEGETABLE BOWL OR TURKEY SANDWICH POTATO CHIPS & FRUIT SALAD W/ COTTAGE CHEESE ASSORTED DESSERTS	FISH TENDERS OR BAKED CHICKEN QUARTERS BROCCOLI PEACHES HUSH PUPPIES ASSORTED DESSERTS	SWEET AND SOUR MEATBALLS OR VEGGIE PITA PIZZA EGG NOODLES GARDEN SALAD BROCCOLI EGG ROLL ASSORTED DESSERTS	TACO SALAD WITH CHICKEN AND REFRIED BEANS OR PASTA PRIMEVERA & SPINACH SALAD GARLIC BREAD MANGO SALAD SALSA LETTUCE, TOMATO & SOUR CRM ASSORTED DESSERTS	CHICKEN SANDWICH OR CHEESEBURGER W/ LETTUCE & TOMATOES OVEN POTATOES GREEN BEANS ROLL ASSORTED DESSERTS	COBB SALAD OR BACON AND VEGETABLE QUICHE HOMEMADE MUFFIN MELON WEDGE ASSORTED DESSERTS
S O U P	SOUP D’JOUR VEGETABLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’ JOUR VEGETABLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’JOUR VEGETABLE SOUP	SOUP D’JOUR TOMATO SOUP	SOUP D’JOUR VEGETABLE SOUP

BEVERAGES: REGULAR AND DECAFE COFFEE, HOT AND ICED TEA, MILK, ORANGE, APPLE AND CRANBERRY JUICE. SNACKS: FRUIT, CRACKERS AND JUICE DAILY

DENOTES HEART HEALTHY OPTIONS