


**Lakemary Fall/Winter MENU**  
**WEEK #1**  
**November 18 to 24, 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
Whole Grain Cereal Sausage Breakfast Sandwich Diced Pears Fruit juice choice Milk Choice	Whole Grain Cereal Biscuit & Gravy Fresh Orange Fruit Juice Choice Milk Choice	Excellent Egg Taco w/ tomato salsa Whole Grain Cereal Blueberries Fruit Juice Choice Milk Choice	Chicken & Biscuit Sandwich Mixed Fruit Cup Fruit Juice Choice Whole Grain Cereal	Pancake on a Stick Strawberries Whole Grain Cereal Fruit Juice Choice Milk Choice	Whole Grain Muffin Egg Patty Applesauce Cup Whole Grain Cereal Fruit Juice Choice Milk Choice	Whole Grain Blueberry Bread Banana Whole grain Cereal Juice Choice Milk Choice
<b>Lunch</b>						
Pork Rib on Bun Dark Green Lettuce Tomato Slice Sweet Potato Puff Fresh Apple Milk Choice	Taco Soup Tortilla Chips Tomato Salsa Refried Beans Diced Pears Milk Choice	Mini Corn Dogs Steamed Broccoli Tater tots Apple Salad Snickerdoodle Milk Choice	Super Nachos Tortilla Chips Salsa Green Beans Honey Dew Melon Milk Choice	Cowboy Cavatini Whole Wheat Roll Seasoned Corn Garden Salad Salad dressing Peach Slices Milk Choice	Grilled Chicken Sandwich Banana Raisins Romaine Lettuce Tomato Peas Milk Choice	Macaroni & Cheese Meatballs Whole Grain Roll Jelly Edamame Cooked Carrots Fresh Strawberries Milk Choice
<b>Supper</b>						
Beef Fingers Mashed Potatoes Brown Gravy Dinner Roll Green Beans Fresh grapes Milk	Chicken Alfredo w/ a Twist Steamed Broccoli Garlic Bread Stick Peach Slices Milk	<b>Cook's Choice</b> 	Sweet & Sour Pork Steamed Rice Green Peas Pineapple Chunks Milk	Tatertot Casserole Cooked Carrots Dinner roll Raspberries	Fish Sticks Hushpuppies ColeSlaw Chips Orange Snickerdoodle Cookie	Roast Beef & Provolone Sandwich Broccoli Rice Casserole Fresh Apple Celery Sticks w/ Ranch dressing

"This institution is an equal opportunity provider."

\*Menu subject to change

