


Lakemary Fall/Winter MENU
WEEK #3
January 13 – 19, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|---|
| Breakfast | | | | | | |
| WG Cereal Yogurt Cup Fresh Orange Fruit Juice Choice Milk Choice | Biscuit & Gravy Apricot Halves Whole Grain Cereal Fruit Juice Choice Milk Choice | Scrumptious Coffeecake Apple Slices Whole Grain Cereal Milk Choice | Western Omelet Quesadilla W/ Salsa Fresh Grapes Whole Grain Cereal Fruit Juice Choice Milk Choice | French Toast Sticks W/ Syrup Rosy Applesauce Whole Grain Cereal Fruit Juice Choice Milk Choice | Whole Grain Muffin Egg Patty Banana Whole Grain Cereal Fruit Juice Milk Choice | Donut Ring Whole Grain Fruit Cocktail Whole Grain Cereal Fruit Juice Milk Choice |
| Lunch | | | | | | |
| Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slices Oven Fries Ketchup Fresh Apple Milk Choice | Chili Tortilla Chips Red Pepper Strips Sliced Cucumbers Pear Slices Cinnamon Roll Milk Choice | Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Tossed Salad Fresh Blueberries Milk Choice | Roasted Turkey Biscuit & Jelly Sweet Potatoes Green Beans Diced Peaches Honey Apple Crisp Milk Choice | Macaroni & Cheese Meatballs Whole Wheat Roll Jelly Green Peas & Carrots Fresh Strawberries Milk Choice | Popcorn Chicken Steamed Winter Mix Vegetables Corn Pudding Bread Anjou Pear Red Skin Potato Wedges Milk Choice | Mini Meatball Sub French Fries Romaine Salad Dressing Packets Pineapple Chunks Milk Choice |
| Supper | | | | | | |
| Chicken Tetrazini Salad Salad Dressing Diced Pears Diner roll w/ pat of butter | Beef and Noodles Zucchini & Tomatoes Dinner Roll Fresh Grapes | Cook's Choice  | Pork Tacos Shredded Lettuce Diced Tomatoes Salsa Fiesta Corn Canteloupe | Potatoes & Ham Casserole Steamed Broccoli Dinner Roll Sliced Pears | Breakfast Burritos with hashbrowns Salsa Cherry Tomatoes Wango Mango Diced Peaches | Uncrustables Cottage Cheese Baby Carrots Rosy Applesauce Chips Graham Crackers |

"This institution is an equal opportunity provider."

*Menu subject to change

