


Lakemary Fall/Winter MENU
WEEK #3

January 13 through 19, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast</u>						
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
<u>Lunch</u>						
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
<u>Supper</u>						
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

