


**Lakemary Fall/Winter MENU
WEEK #2**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast French Toast Sticks w/ sugar free syrup Mandarin Oranges Whole Grain Cereal Fruit Juice Choice Milk Choice	Oatmeal Breakfast Round Strawberries & bananas Whole Grain Cereal Juice Choice Milk Choice	Sausage Breakfast Pizza Pear Slices Whole Grain Cereal Juice Choice Milk Choice	Chicken Sausage Cheese Waffle Sandwich Fresh Apple Whole Grain Cereal Juice Choice Milk Choice	Breakfast Banana Chocolate Bar Banana Whole Grain Cereal Fresh Juice Choice Milk Choice	Whole Wheat Bagel w/ Cream Cheese Raisins Whole Grain Cereal Juice Choice Milk Choice	Apple Stick Frudel Pineapple Tidbits Whole Grain Cereal Fruit Juice Choice Milk Choice
Lunch BBQ Pork Sandwich Roasted Red Potatoes Broccoli w/ Cheese Fresh Apple Milk Choice	Walking Taco Salsa Shredded Cheese Romaine Lettuce Diced Tomato Refried Bean Diced Pears Milk Choice	Spaghetti w/ Meat Sauce Whole Grain Garlic Toast Green Beans Blueberries Gogurt Milk Choice	Chicken & Noodles Mashed Potatoes Whole Wheat Roll Fresh Baby Carrots Ranch Cup Fresh Grapes Milk Choice	Cheese Pizza Whole Kernel Corn Cantaloupe Honey Apple Crisp Milk Choice	Hot Dog on Bun Mustard/Ketchup Cucumber Ranch Dressing Cup Sweet Potato Waffle Fries Fresh Apple Milk choice	Chicken Crispito Salsa Spanish Brown Rice Fresh Blueberries Shredded Cheese Romaine Lettuce Diced tomatoes Fiesta Black Bean & Corn Milk Choice
Supper Chicken Salad Sandwich on Croissant Veggie Chips Celery Sticks w/ Ranch Strawberries	Open Faced Turkey Sandwich Mashed Potatoes Gravy Steamed Peas Fresh Orange	Cook's Choice 	Salisbury Steak Brown Gravy Potatoes Persillade Chuckwagon Corn Dinner Roll Fruit Cocktail	Maple French Toast Squares Egg Patties Grape Tomatoes Cuties Wango Mango Juice	Manwich Sloppy Joe Sun Chips Green Beans Mango Chunks	Turkey Cheese Sandwiches Steamed Broccoli Sliced Peaches Jello cup

"This institution is an equal opportunity provider."

*Menu subject to change