

**BREAKFAST & LUNCH MENU**  
**WEEK #3 LAKEMARY**  
**Oct 11-17, 2021**

<b>Monday 10/11</b>	<b>Tuesday 10/12</b>	<b>Wednesday 10/13</b>	<b>Thursday 10/14</b>	<b>Friday 10/15</b>	<b>Saturday 10/16</b>	<b>Sunday 10/17</b>
<p><b><u>Breakfast</u></b></p> <p>Apple-Cinnamon Oat Breakfast Round Mixed Berry Applesauce Cup Cereal 100% Fruit Juice Milk Choice</p>	<p>French Toast Sticks Diced Pineapple Cereal 100% Fruit Juice Milk Choice</p>	<p>Biscuit &amp; Gravy Diced Pear Bowl Cereal 100% Fruit Juice Milk Choice</p>	<p>Mini Babycakes Sausage Link Strawberries Cereal 100% Fruit Juice Milk Choice</p>	<p>Apple Oat Muffin Cheese Stick Mandarin Oranges Cereal 100% Fruit Juice Milk Choice</p>	<p>Oatmeal w/ brown sugar Fresh Blueberries Raisins Cereal 100% Fruit Juice Milk Choice</p>	<p>Homemade Pancakes w/ chocolate chips w/ syrup Diced Peach Bowl Cereal 100% Fruit Juice Milk Choice</p>
<p><b><u>Lunch</u></b></p> <p>French Bread Pizza Red Bell Pepper Strips Seasoned Asparagus Melon Fruit Salad Crackers w/ Spinach Artichoke Dip Milk Choice</p>	<p>Chicken Alfredo Caesar Salad w/ Herb Croutons Grape Tomatoes Garlic Breadstick Royal Brownie Pear Halves Milk Choice</p>	<p>Beef Lo Mein Vegetable Spring Roll Fortune Cookie Fresh Banana Mandarin Oranges Milk Choice</p>	<p>Honey BBQ Chicken Baked Beans Celery w/ Ranch Dip Southern-Style Biscuit Warm Cinnamon Apples Milk Choice</p>	<p>Chicken Salad on Croissant Sun Chips Baby Carrots Potato salad Mango-Berry-Ana Fruit Salad Milk Choice</p>	<p>Super Nachos Mexican Corn Southwestern Lentils Cheesecake Chimichanga Fresh Grapes Milk Choice</p>	<p>Chicken Quesadillas Cilantro Lime Rice Cherry Tomatoes Fiesta Black Beans Applesauce Milk Choice</p>
<p><b><u>Supper</u></b></p> <p>Chicken Pot Pie Italian Blend Veggies Sesame Crackers Tiramisu Cake Mixed Fruit Bowl Milk</p>	<p>PB&amp;J Uncrustables Baby Carrots Cottage Cheese Vanilla Wafers Diced Peaches Milk</p>	<p>Sloppy Joe Pasta Garlic Toast Salad w/ Housemade Ranch Pineapple-Walnut Delight Salad Milk</p>	<p>Soft Tacos w/ lettuce, tomato, cheese, &amp; salsa Refried Beans Fruited Gelatin Milk</p>	<p>Bosco Sticks w/ Marinara Sauce Romaine Salad Marinated Cucumber Salad Fruit Cocktail Milk</p>	<p>Salisbury Steak w/ Gravy Mashed Potatoes California Veggies Cookie Fresh Banana Milk</p>	<p>Corn Dogs Corn Chips Coleslaw Angel Food Cake w/ Whip Topping &amp; Strawberries Milk</p>

"This institution is an equal opportunity provider."

*\*Menu subject to change*