

BREAKFAST & LUNCH MENUS
WEEK #2 LAKEMARY
Oct 4-10, 2021

Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8	Saturday 10/9	Sunday 10/10
<u>Breakfast</u> French Toast w/ syrup Sausage Link Fruit Cocktail Cereal 100% Fruit Juice Milk Choice	Breakfast Potatoes Scrambled Eggs Applesauce Cereal 100% Fruit Juice Milk Choice	Belgian Waffle w/ syrup Diced Pineapple Cereal 100% Fruit Juice Milk Choice	Breakfast Burrito Mixed Fruit Bowl Cereal 100% Fruit Juice Milk Choice	Whole Grain Cinnamon Roll Strawberries Cereal 100% Fruit Juice Milk Choice	Breakfast Bagel Pizza Fresh Orange Cereal 100% Fruit Juice Milk Choice	Sausage Biscuit Diced Pear Bowl Cereal 100% Fruit Juice Milk Choice
<u>Lunch</u> Cheese Tortellini w/ Marinara Capri Veggie Blend Melba Toast Crackers Fresh Banana Mandarin Oranges Milk Choice	Sloppy Joe on a Bun Broccoli w/ Cheese Roasted Redskin Potatoes Fresh Grapes Frozen Fruity Cup Milk Choice	Hot Dog & Fixin's Baked Beans Baby Carrots Toasted Wheat Thins Warm Cinnamon Apples Milk Choice	Cheeseburger Homestyle Coleslaw Seasoned Potato Wedges Fresh Orange Dried Fruit Blend Milk Choice	Chicken Strips Potato Smiles Green Beans Sun Chips Fresh Citrus Fruit Cup Milk Choice	Chicken Tetrizzini Angel Biscuit Green Peas Cherry Tomatoes Creamy Vanilla Fruit Salad Milk Choice	Stromboli Squares w/ Marinara Sauce Garden Spinach Salad w/ honey Dijon dressing Italian Green Beans Pita Chips Fresh Grapes Milk Choice
<u>Supper</u> Crispitos Golden Corn Italian Pasta Salad Cottage Cheese Fresh Strawberries Milk	Cheesy Chicken & Rice Casserole Green Beans Whole Wheat Roll Spanakopita Diced Pears Milk	<i>Cook's Choice</i> Mixed Veggies Cheese Foccacia Raspberry Mousse Cake Fresh Banana Milk	Goulash Steamed Carrots Potato Chips Coconut Cake Fresh Grapes Milk	Bean & Cheese Burrito Tossed Salad Rice Pilaf Black Forest Cake Fresh Pear Milk	Fish Nuggets w/ Tartar Sauce Kettle Chips Garlic & Herb Pasta w/ Veggies Carrot Cake Fresh Apple Slices Milk	Chicken & Cheese Empanadas Rice & Quinoa Blend Chuck Wagon Corn Pudding Mandarin Oranges Milk

"This institution is an equal opportunity provider."

**Menu subject to change*