

# Week #4 Menu

Revised 09/30/2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am	Scrambled Eggs Canned Mandarins Milk	Mini-Pancakes Applesauce Milk	Buns w/butter Canned Pear Wedges Milk / hot cocoa	Blueberry Bagels Sliced peaches Milk	Kix Sliced Bananas Milk
10 am	Wheat Crackers Raspberry Juice	Cottage Cheese Saltine Crackers	Iced Oatmeal Cookies Milk	Cinnamon Grahams Milk	HM Chocolate Tea Bread, Mango Juice
12 pm	Meat Chili w/black Beans & Canned Tomatoes Sliced Peaches Milk	Chicken w/gravy Oranges/Cantaloupe Cooked Pasta: Shells Broccoli florets Milk	Baked Fish Mashed Potatoes Cucumber Canned Pineapple WW Bread Milk	Pizza Tot Casserole W/hamburger Canned Apricots WW Bread Milk	Soup w/Chicken & buckwheat Canned Pear Wedges WW Bread Milk
3 pm	Peach Yogurt Snack Crackers	HM Apricot Muffins Milk	Rich & Crisp Crackers Cherry Juice	Jelly Sandwich Hot cocoa milk	Lemon Sandwich Cookies Milk
5:30 pm	Cheese Rice Tuna Bake w/Corn Sliced Bananas Milk	Salsa beef Cabbage salad Canned Apricots Cooked Rice Milk	Baked Chicken Nuggets Cooked Noodles Sliced Peaches Steamed veggies Milk	Baked Chicken Thighs Cooked Elbow Macaroni Cauliflower Pineapple Chunks Milk	Slow-cooked Pork Cooked Rice Baby Carrots Oranges/Watermelon Milk
8 pm	Wheat Crackers Raspberry Juice	Cottage Cheese Saltine Crackers	Iced Oatmeal Cookies Milk	Cinnamon Grahams Milk	HM Chocolate Tea Bread, Mango Juice

*This institution is an equal opportunity provider.*