

COMPANY NAME SAMPLE MENU #1

Date	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cheese and crackers Milk, Juice, or Water	Hamburger on Bun Fries, Relish Plate Fruit Tea, Milk, or Juice	Vanilla Yogurt	Baked Chicken and Roasted Mixed Vegetables, Rolls, Ice Cream, Milk, Coffee, Juice or Water
Tuesday	Muffins Fruit Milk, Coffee, Juice or Water	Banana Bread Milk, Juice, or Water	Chicken Soup Crackers Fruit Tea, Milk, or Juice	Apple and Orange Slices	Steak w/Roasted Potatoes, Vegetable, Rolls, Banana Bread, Milk, Coffee, Juice or Water
Wednesday	Eggs and Cheese Toast Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Turkey and Cheese Sandwich w/Lettuce, Tomatoes; Pickles Wheat Bread, Chips Fruit Tea, Milk, or Juice	Yogurt or Apple Sauce	Beef Stew Corn Bread Fruit Slices, Milk, Coffee, Juice or Water
Thursday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Fruit	Grilled Cheese Sandwich Wheat Bread House Salad Fresh Fruit Tea, Milk, or Juice	Peanuts and Raisins Milk	Meat Loaf, Rice, Vegetables, Ice Cream, Milk, Coffee, Juice or Water
Friday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cookies Milk, Juice, or Water	Spaghetti w/Ground Turkey Garlic Bread Salad Tea, Milk, or Juice	Muffin Milk, Juice, or Water	Tilapia, Cous Cous, Vegetable, Rolls, Fruit, Milk, Coffee, Juice or Water
Saturday	Waffles, Eggs, turkey bacon Fruit Milk, Coffee, Juice or Water	Yogurt or Apple Sauce	Fish Tortilla Wrap with Lettuce, Tomato, Fries Fruit Tea, Milk, or Juice	Apple and Orange Slices Milk, Juice, or Water	Enchiladas, Salad Apple Slices, Cookie, Coffee, Tea, Milk

Sunday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Tuna Melt w/Fries and Salad Bread Fruit Tea, Milk, or Juice	Cheese and Crackers Milk, Juice, or Water	Vegetable Soup Dinner Roll, Cookie. Coffee or Tea
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COMPANY NAME

SAMPLE MENU #2

Date	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cheese and crackers Milk, Juice, or Water	Hot Dog and Chips Carrots and Celery, Fruit Tea, Milk, or Juice	Vanilla Yogurt	Pasta, Salad, and Bread, Ice Cream, Milk, Coffee, Juice or Water
Tuesday	Muffins Fruit Milk, Coffee, Juice or Water	Banana Bread Milk, Juice, or Water	Vegetable Soup Dinner Roll, Cookie. Coffee or Tea	Apple and Orange Slices	Chicken w/Potatoes, Vegetable, Rolls, Fruit, Milk, Coffee, Juice or Water
Wednesday	Eggs and Cheese Toast Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Chicken w/Potatoes, Vegetable, Rolls, Fruit, Milk, Coffee, Juice or Water	Peanuts and Raisins Milk, Juice, or Water	Chicken Soup Crackers Fruit Tea, Milk, or Juice
Thursday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Fruit	Turkey and Cheese Sandwich w/Lettuce, Tomatoes; Pickles Wheat Bread, Chips Fruit Tea, Milk, or Juice	Yogurt or Apple Sauce	Meat Loaf, Brown Rice, Mixed Roasted Vegetables, Cake and Ice Cream, Milk, Coffee, Juice or Water
Friday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cookies Milk, Juice, or Water	Meat Loaf on Bun Fries, Relish Plate Fruit Tea, Milk, or Juice	Apple Sauce Muffin Milk, Juice, or Water	Bean Soup, Corn Bread, Salad, Fruit Slices, Milk, Coffee, Juice or Water
Saturday	Waffles, Eggs, turkey bacon Fruit Milk, Coffee, Juice or Water	Yogurt or Apple Sauce	Hamburger on Bun Fries, Relish Plate Fruit Tea, Milk, or Juice	Apple and Orange Slices Milk, Juice, or Water	Tilapia, Fried Rice, Vegetable, Ice Cream, Milk, Coffee, Juice or Water

Sunday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Fish Tortilla Wrap with Lettuce, Tomato, Fries Fruit Tea, Milk, or Juice	Cheese and Crackers Milk, Juice, or Water	Baked Potato Bar (Cheese, Sour Cream, Chives; Butter) Salad, Brownie or Cake, Coffee or Tea
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COMPANY NAME

SAMPLE MENU #3

Date	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cheese and crackers Milk, Juice, or Water	Beef Stew Corn Bread Fruit Slices, Milk, Coffee, Juice or Water	Vanilla Yogurt	Tacos with Cheese, Lettuce, Tomato, Salsa, Fruit, Cake or Pie, Coffee or Tea
Tuesday	Muffins Fruit Milk, Coffee, Juice or Water	Banana Bread Milk, Juice, or Water	Grilled Cheese Sandwich Bread House Salad Fresh Fruit Tea, Milk, or Juice	Apple and Orange Slices	Steak w/Roasted Potatoes, Vegetable, Rolls, Cake or Pie, Milk, Coffee, Juice or Water
Wednesday	Eggs and Cheese Toast Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Turkey and Cheese Sandwich w/Lettuce, Tomatoes; Pickles Wheat Bread, Chips Fresh Fruit Tea, Milk, or Juice	Peanuts and Raisins Milk, Juice, or Water	Spaghetti w/Ground Turkey, Garlic Bread Salad, Ice Cream, Tea, Milk, or Juice
Thursday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Fruit	Bean Soup, Corn Bread, Fruit Slices, Milk, Coffee, Juice or Water	Muffin Milk	Fruit Salad, Rolls, Chicken, Cookies, Milk, Coffee, Juice or Water
Friday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cookies Milk, Juice, or Water	Spaghetti w/Ground Turkey Bread Salad Tea, Milk, or Juice	Apple Sauce Muffin Milk, Juice, or Water	Enchiladas, Salad Apple Slices, Cookie, Coffee, Tea, Milk
Saturday	Waffles, Eggs, turkey bacon Fruit Milk, Coffee, Juice or Water	Yogurt or Apple Sauce	Hamburger on Bun Fries, Relish Plate Fruit Tea, Milk, or Juice	Apple and Orange Slices Milk, Juice, or Water	Pasta, Salad, and Bread, Ice Cream, Milk, Coffee, Juice or Water

Sunday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Tuna Melt and Salad Bread Fruit cup Tea, Milk, or Juice	Cheese and Crackers Milk, Juice, or Water	Baked Chicken, Potatoes, Vegetable Bread, Cookie, Coffee or Tea
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COMPANY NAME

SAMPLE MENU #4

Date	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cheese and crackers Milk, Juice, or Water	Turkey and Cheese Sandwich w/Lettuce, Tomatoes; Pickles Wheat Bread, Chips Fruit Tea, Milk, or Juice	Vanilla Yogurt	Pasta, Salad, and Bread, Ice Cream, Milk, Coffee, Juice or Water
Tuesday	Muffins Fruit Milk, Coffee, Juice or Water	Banana Bread Milk, Juice, or Water	Chicken Soup Crackers Fruit Tea, Milk, or Juice	Apple and Orange Slices	Fruit Salad, Rolls, Chicken, Cookies, Milk, Coffee, Juice or Water
Wednesday	Eggs and Cheese Toast Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Hot Dog and Chips Carrots and Celery, Fruit Tea, Milk, or Juice	Peanuts and Raisins Milk, Juice, or Water	Steak w/Roasted Potatoes, Vegetable, Rolls, Cake or Pie, Milk, Coffee, Juice or Water
Thursday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Fruit	Steak w/Roasted Potatoes, Vegetable, Rolls, Cake or Pie, Milk, Coffee, Juice or Water	Muffin Milk	Bean Soup, Corn Bread, Fruit Slices, Milk, Coffee, Juice or Water
Friday	Corn flakes or Cheerios Fruit Toast w/Jelly Milk, Coffee, Juice or Water	Cookies Milk, Juice, or Water	Fruit Salad, Rolls, Chicken, Cookies, Milk, Coffee, Juice or Water	Apple Sauce or Fruit Muffin Milk, Juice, or Water	Chicken and Rice Soup, Crackers, Fruit, Cookies, Milk, Coffee, Juice or Water
Saturday	Waffles, Eggs, turkey bacon Fruit Milk, Coffee, Juice or Water	Yogurt or Apple Sauce	Hamburger on Bun Fries, Relish Plate Fruit Tea, Milk, or Juice	Apple and Orange Slices Milk, Juice, or Water	Spaghetti w/Ground Turkey, Garlic Bread, Salad, Ice Cream Tea, Milk, or Juice

Sunday	Pancakes w/syrup Fruit Milk, Coffee, Juice or Water	Chocolate or Vanilla Pudding	Chicken and Rice Soup, Crackers, Fruit, Cookies, Milk, Coffee, Juice or Water	Cheese and Crackers Milk, Juice, or Water	Baked Potato Bar (Cheese, Sour Cream, Chives; Butter) Salad, Brownie or Cake, Coffee or Tea
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