

EACH DAY'S DELIVERY IS FOR SERVICE ON THE FOLLOWING DAY
DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

J STREET

11/15/2018

		CYCLE 1											
18-Nov		19-Nov		20-Nov		21-Nov		22-Nov		23-Nov		24-Nov	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Cheerios	1 c	Oatmeal	1 c	Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cornflakes	1 c
Pancakes	2 ea	Frittata	1/2C	Waffle	2 ea	Scram. Eggs	1/2C	Sausage Gravy	1/2 c	Breakfast	1/2C	French Toast	2 sl
T. Sausage links	2oz			Bacon	2oz	Hash Browns	1/2C	Biscuits	2 ea	Taco		Tur.Saus Patty	1.6oz
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl			Tortilla	2 ea	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp					Syrup	2oz
Cranberry Juice*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Cranberry Juice*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Cranberry Juice*	8 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
T.Ham	2 oz	Meat Loaf W/	1ea	Chick Sausage	1ea	Chili con carne	1.5 c	Chicken Alfredo	1C	W/ Saltines	2 pak	Hamb Patty	3oz
Cheese	1oz	Swiss Cheese	1oz	in Marinara		Shredded cheese	1 oz	Casserol		Bologna	2 oz	W/Cheese,	.5oz
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c					Cheese	1oz	Mayo/Must	1 ea
Potato Chips	1oz	Green Salad	1 c	Princ Edward veg mix	1C	Capri veg blend	1c	Spinach**	1 c	Mayo/Mustard	1pk ea	Macaroni &	1/2 c
		Ranch Dressing	1 oz							Baby Carrot**	1C	Cheese	
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea	Bread Roll/marg	1ea	Wheat Bread	2 sl	Hamb Bun	1 ea
Mandarins*	1 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1c	Fresh Banana	1 ea	Fresh Orange*	1ea	Mixed Fruit	1 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Salmon Patty	1 ea	Grilled Chicken	3oz	Salisbury Steak	3.2oz	Chix teriyaki	3oz	Roast Turkey	6 oz	Chick Cacciatore	1/2C	Breaded Fish	4oz
Rice Pilaf	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	Mashed Potatoes	1/2 c	Penne Pasta	1 c	Tater Tots	1 c
Corn	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Oriental Mix Veg	1/2 c	Stuffing	1/2 c	Italian Veg mix*	1/2 c	W/Tartar sauce	1 oz
Tartar Sauce	1 oz	Green Salad	1 c	Green Beans	1/2C	Green Salad	1 c	Gravy	3 oz	Green Salad	1 c	Country trio bland	1/2 c
Coleslaw	1/2 c	Ranch Dressing	1 oz	Coleslaw	1/2 c	Ranch Dressing	1 oz	Grn Bean Cass	1/2 c	Ranch Dressing	1 oz	Coleslaw	1/2 c
Ham Bun	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea	Bread/marg	1 ea	Green Salad/Dr	1 c	Bread Roll/marg	1ea	Bread/marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Pumpkin Pie	1 Pc	Pudding	1/2C	Peaches	1/2 c
2% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.													
Menu items contain no pork products; turkey ham, bologna, salami and sausage are used.													
*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo													
PCN provides all breakfast ingredients, fruit drink at lunch and milk. CFS provides all other menu items.													
Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.													

11/15/2018

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PIONEER FOOD SERVICE

J STREET

11/15/2018

		Cycle 2											
25-Nov		26-Nov		27-Nov		28-Nov		29-Nov		30-Nov		1-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Cornflakes	1 c	Oatmeal	1 c	Cheerios	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	French toast	2 sl	Cheese	1ea	Pancakes	2ea	Frittata	1/2C
Hash Browns	1/2C			Casserole		Sausage link	2oz	Omelette		Tur.Saus Patty	1.6		
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	Syrup	2oz	Wheat Toast	2 sl
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	8 oz	Grape Juice*	8 oz	Cranberry Juice*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Cranberry Juice*	8 oz	Apple Juice*	8 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
T.Salami	2oz	Taco Meat w/		Turkey Hot Dog	2oz	Bn&Cheez Burrito	4.5oz	T.Ham&Shrd Chz	1oz ea	Sloppy Joes	1/2 c	Bologna	2oz
Cheese	1oz	Black Beans	1/2C	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	Potato Salad	1/2 c	W/Cheese	1oz
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c	Baby carrot**	1 c	Mayo/Mustard	
Potato Chips	1oz	Shred lettuce	1 c	Cheese	1/2C	Green Beans	1 c	Tomatoes	2 wdg			Potato Chips	1oz
		Salsa/sour crm	1oz ea	Coleslaw	1 cup			Ranch Dressing	2 oz			Bread	2ea
Wheat Bread	2 sl	Tortilla	2 ea	Hot dog buns	1 ea			Dinner Roll/mar	1 ea	Hamb Bun	1ea		
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1 c	Apricot	1 c	Mixed Fruit	1c	Mandarins*	1 c	Fresh Apple	1ea
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Swedish Meatb	3 oz	Creamy Chicken	3oz	T.Ham Steak	3oz	Meat Lasagna	1ea	Salisbury Steak	4oz	Grilled Chicken	3oz	Brd Fish square	3.6oz
W/ Country gravy		Rice	1C	Mashed Potatoes	1 c			Mashed Potatoes	1 c	Brown Rice	1 c	W/Tartar Sauce	1 oz
Pasta	1 c	Broccoli	1/2 c	W/Gravy	3 oz	Italian veg blend	1/2 c	W/Brown Gravy	3 oz	Mix Veggies**	1/2C	Tater Tots	1C
Scandiavian Veg	1/2 c			California veg blend	1/2c	Green Salad	1 c	Spinach**	1/2 c			Peas & Onion	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Ranch Dressing	1 oz	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c
Ranch Dressing	1 oz	Ranch Dressing	1 oz	Ranch Dressing	1 oz					Ranch Dressing	1 oz		
Bread/marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1ea	Bread/ Marg	1 ea	Hamb Bun	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	1/2 c	Tropical Salad	1/2 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

PCN provides all breakfast ingredients, fruit drink at lunch and milk. CFS provides all other menu items.

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

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DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

J STREET

		CYCLE 3											
2-Dec		3-Dec		4-Dec		5-Dec		6-Dec		7-Dec		8-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Froot Loops	1 c	Rice Krispies	1 c	Oatmeal	1 c	Bran Flakes	1 c	Frosted Flakes	1 c	Cheerios	1 c	Oatmeal	1 c
Sausage Gravy	1/2 c	Pancakes	2ea	Scrambled Eggs	1/2C	Waffles	2 ea	Frittata	1/2C	Cheese	1ea	French Toast	2 sl
Biscuits	2 ea	Bacon	2oz	Hash Browns	1/2C	T.Sausage Patty	1.6oz			Omelette		T. Sausage links	2oz
		Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Marg	2 tsp
		Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Syrup	2 oz
Orange Juice*	8 oz	Apple Juice*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Cranberry Juice*	8 oz	Apple Juice*	8 oz	Grape Juice*	8 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Meat Loaf Sand	1ea	Pastrami	2oz	Beef Tator Tot	1C	Chicken, ham	1oz ea	BBQ Chicken	3 oz	Taco Meat W/		Chix teriyaki	3oz
w/Cheese	1oz	Swiss Cheese	1oz	Casserole		Hard-boiled egg	1 ea	Tater Tots	1/2 c	Black Beans	1/2C	Rice	1/2 c
Mustard/Mayo	1 ea	Wh Grain Bread	2 sl	Prince Edward	1C	Tomatoes	2 wdg	Corn and Peppers	1C	Shred cheese	1 oz	Oriental Mix Veg	1 c
California veg blend	1 c	Mayo/Mustard	1pk ea	veg mix		Shred Carrot	1/4C			Salsa/sour crm	1oz ea		
		Baby carrot**	1 c			Salad Mix/dres	2c/2z	Coleslaw	1/2 c	Shred lettuce	1 c		
Bread	2ea			Bread Roll/Marg	1ea	Bread/ Marg	1/1 tsp	Hamb Bun	1 ea	Tostada Bowl	1ea	Bread/ Marg	1/1 tsp
Mixed Fruit	1c	Fresh Apple	1ea	Pear	1 c	Fresh Orange*	1ea	Tropical Mix	1 c	Pineapple	1 c	Mandarins*	1 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Sweet and		Fried Steak	4oz	Creamy Chicken	3oz	Swedish Meatb	3 oz	Beef Chili	1.5C	Chicken Parmesan/	3oz	Turkey Hot Dog	4oz
Sour Chicken	1/2C	W/Country Gravy	3 oz	Penne Pasta	1 c	in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oza	W/Mustard/Mayo	2 ea
Rice	1 c	Scalloped Potatoes	1 c	Broccoli	1/2c	Rice	1 c	Cornbread/ Marg	1 ea	Penne Pasta	1 c	Macaroni & Cheese	1 c
Oriental Mix Veg	1/2 c	Zucchini	1/2 c			Scandiavian Veg.	1/2 c	Capri veg blend	1/2 c	Spinach**	1/2 c	Country Mix **	1/2 c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Coleslaw	1/2 c
Ranch Dressing	1 oz	Ranch Dressing	1 oz	Ranch Dressing	1 oz			Green Salad	1 c	Ranch Dressing	1 oz		
Bread/ Marg	1ea	Bread/ Marg	1ea	Bread/mar	1 ea	Bread/marg	1ea	Ranch Dressing	1 oz	Bread/marg	1 ea	Hot dog buns	2 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2C	Peaches	1/2 c	Pears	1/2 c	Mixed Fruit	1/2 c
1% Milk	1 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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PIONEER FOOD SERVICE

J STREET

11/15/2018

		CYCLE 4											
9-Dec		10-Dec		11-Dec		12-Dec		13-Dec		14-Dec		15-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Crispix	1 c	Frosted Flakes	1 c	Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c
		Scrambled Eggs	1/2C	Pancakes	2 ea	Cheese	1ea	Scrambled Eggs	1/2C	French toast	2 sl	Frittata	1/2C
Sausage Gravy	1/2 c	Hash Browns	1/2C	T.sausage patty	1.6oz	Omelette		Tater Triangles	2 ea	Bacon	2oz		
Biscuits	2 ea	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Grape Juice*	8 oz	Cranberry Jce*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
						Tomato Soup	1c						
Chicken noodle		Bn&Cheez Burrito	9oz	Turkey	2oz	W/Saltines	2 pak	Beef Chili	1.5 c	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	3oz
Casserole	1C	Spanish Rice	1/2 c	W/Cheese	1oz	Ham	2oz	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c
		W/Salsa	1oz			Cheese	1oz	Mix Veggies**	1 c	Lettuce mix	2 c	Broccoli	1 c
Green Beans	1 c	Zucchini	1c	Mayo/Mustard	1pk ea	Mayo/Mustard	1 ea			Tomatoes	2 wdg	Biscuit/Marg	1es
				Baby carrot**	1C	Broccoli	1 c	Cornbread	1 sq	Ranch Dressing	2 oz		
Dinner Roll/mar	1 ea			Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea		
Fresh Apple	1ea	Fresh Orange*	1ea	Pear	1 c	Tropical Mix	1 c	Fresh Apple	1ea	Banana	1 ea	Pears	1 c
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Brd Fish squere	4oz	Grilled Chicken	3oz	Beef Stew	1.5 C	Fried Steak	4oz	Br.Chicken Patty	3oz	Swedish Meatb	3oz	T.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/ Gravy	1 c	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c	in Contry Gravy		w/B.Gravy	3oz
Tater Tots	1C	Penne Pasta	1 c	Veg.in stew		Tater Tots	1 c	W/Chix Gravy	3 oz	Scalloped Potatoes	1 c	Mashed Potato	1 c
Peas & Onion	1/2c	Broccoli	1/2 c			Green Beans	1/2c	California veg bland	1/2 c	Scandiavian Veg.	1/2 c	Baby Carrots**	1/2C
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Ranch Dressing	1 oz	Ranch Dressing	1 oz	Ranch Dressing	1 oz			Ranch Dressing	1 oz			Ranch Dressing	1 oz
Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c
1% Milk	2 c	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
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PIONEER FOOD SERVICE

J STREET

		CYCLE 5									
16-Dec		17-Dec		18-Dec		19-Dec		20-Dec		21-Dec	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Oatmeal	1 c	Rice Krispies	1 c	Froot Loops	1 c
Pancakes	2 ea	Scram. Eggs	1/2C	Waffle	2 ea	Fittata	1/2C	Cheese	1ea	Scram. Eggs	1/2C
		Tater Triangles	2 ea	T. Sausage links	2oz			Omelette		Hash Browns	1/2C
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Wheat Toast	2 sl
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Grape Juice*	8 oz	Cranberry Jce*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz	Orange Juice*	8 oz	Apple Juice*	8 oz
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Salmon Burger	4oz	Taco Meat w/		Chix teriyaki	3oz	Diced Chicken	3 oz	W/ Saltines	2 pak	BBQ Chicken	1/2C
W/Tartar Sauce	1 oz	Black Beans	1/2C	Rice	1/2 c	Lettuce Mix	2 c	Bologna	2oz	Tater Tots	1/2 c
Rice Pilaf	1/2C	Shred cheese	1 oz	Oriental Mix Veg	1c	Croutons/Parm	1 oz ea	Cheese	2ea	Corn and Peppers	1C
Country Mix **	1 c	Shred lettuce	1 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea		
		Salsa/sour crm	1oz ea			Dinner Roll/marg	1 ea	Baby Carrots**	1C	Coleslaw	1/2c
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread	2 sl	Hamb Bun	1 ea
Tropical Salad	1 c	Apricot	1 c	Pear	1 c	Fresh Apple	1ea	Fresh Orange*	1ea	Fresh Banana	1ea
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz
Chicken Parmesan/	3oz	Chicken Stew	1.5c	Brd Fish square	3.6oz	Chunky Beef Chili	1.5c	Chicken Patty w/	3oz	Salisbury Steak	3.2oz
Marinara&Parmesan	1oz ea	W/Potatoe and		W/Tartar Sauce	1 oz	W/Shred Cheese	1/2 oz	Gravy	3oz	W/Brown Gravy	3 oz
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Mix Veggies	1/2 c	Mashed Potatoes	1 c	Rice	1 c
Zucchini	1/2 c			Princ Edward veg mix				Peas	1/2C	Country trio bland	1/2 c
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Ranch Dressing	1 oz	Ranch Dressing	1 oz			Ranch Dressing	1 oz		1/1 tsp	Ranch Dressing	1 oz
Dinner roll/Marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Cornbread/marg	1 ea	Bread/ Marg	1/1 tsp	Bread/marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c	Cake	1ea
1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz	1% Milk	8 oz

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11/15/2018

22-Dec	
SATURDAY	
Cornflakes	1 c
French Toast	2 ea
Tur.Saus Patty	1.6oz
Marg	2 tsp
Syrup	2oz
Orange Juice*	8 oz
1% Milk	8 oz
Turkey Noodle Casserole	1C
Broccoli	1 c
Biscuit/Marg	1ea
Pudding	1/2 c
1% Milk	8 oz
T.Ham Steak W/Gravy	3oz
	3 oz
Scalloped Potatoes	1 c
Mix Veggies	1/2c
Green Salad	1 c
Ranch Dressing	1 oz
Bread/marg	1 ea
Tropical Salad	1/2 c
1% Milk	8 oz