

NSBHC Everett Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 1

PIONEER FOOD SERVICE

Whatcom

| 14-Oct | | 15-Oct | | 16-Oct | | 17-Oct | | 18-Oct | | 19-Oct | | 20-Oct | |
|------------------------|-----------|------------------------------|------------|-------------------------|-------|-----------------------------|------------|------------------------|-------|--------------------------|-------------|------------------------|----------|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
| Lucky Charms | 1 c | Froot Loops | 1 c | Frosted Flakes | 1 c | Honey cheerios | 1 c | Oatmeal | 1 c | Cornflakes | 1 c | Raisin Bran | 1 c |
| | | Scrambled Eggs | 2 ea | Waffles | 2 ea | Cheese | 1ea | Scrambled Eggs | 2 ea | Pancakes | 2 ea | Cheese/Omelete | 1 ea |
| Sausage Gravy | 1/2 c | Hash Browns | 1 ea | T.sausage patty | 1 ea | Omelette | | Tater Triangles | 1 ea | Bacon | 2 sl | Hashbrown | 1 ea |
| Biscuits | 2 ea | | | | | Hash Browns | 1 ea | | | | | | |
| | | Wheat Toast | 2 sl | Marg | 2 tsp | 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 | Marg | 2 tsp |
| Cranberry Jce* | 4 oz | Orange Juice* | 4 oz | Apple Juice* | 4 oz | Grape Juice* | 4 oz | Cranberry Jce* | 4 oz | Orange Juice* | 4 oz | Apple Juice* | 4 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 |
| | | | | | | | | | | | | | |
| | | Beef Taco | | | | Chef's Salad | | | | | | | |
| Chicken noodle soup | 1 c | Taco Meat w/ Black Beans | 1/2C | Sloppy Joes Bun | 1 ea | Ham&Shrd Chz Hard boiled eg | 1 ea | Beef hotdog hotdog bun | 1 ea | Beef Chili W/Shred Chees | 1.5c 1/2 oz | Cheeseburger Mayo/Must | 1ea 1 ea |
| Turkey sandwich | 2 oz | Shred cheese | 1 oz | Chips | 1 ea | Lettuce mix | 2 c | w/mustard/mayo | | Coleslaw | 1 c | Ketchup | |
| Provolone cheese bread | 1 sl 2 sl | Shred lettuce Salsa/sour crm | 1/2 c 1oza | | | Tomatoes Salad Dressing | 3 wdg 2 oz | ketchup | 1 ea | | | Macaroni & Cheese | 1/2 c |
| potato chips | 1 ea | Tortilla | 1 ea | Baby carrot** | 1/2c | Dinner Roll/marg | 1 ea | Chips | 1 ea | Cornbread/marg | 1 ea | Hamb Bun | 1 ea |
| Apple Slices | 3 ea | Apricot | 1/2 c | Pear | 1/2 c | Mixed Fruit | 1/2 c | Mandarins* | 1/2 c | Apricot | 1/2 c | Mixed Fruit | 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 |
| | | | | | | | | | | | | | |
| Breaded Fish | 1ea | Grilled Chicken | 1ea | Beef Stew | 1.5 C | Fried Steak | 1ea | Breaded chicken | 1 ea | Italian Meatballs | 3 ea | Ham Steak | 1 ea |
| W/Tartar Sauce | 1 oz | W/Gravy | 3oz | Potatoe and Veg.in stew | | W/Country Gra | 1 c | w/gravy | | Marinara | 3oz | w/ Contry Gravy | 2 oz |
| Tater Tots | 1 c | Brown Rice | 1 c | | | Potatos | 1 c | Rice | 1 c | Linguine noodle | 1 c | Mashed Potato | 1 c |
| Peas | 1/2c | Broccoli | 1/2 c | | | Green Beans | 1/2c | California veg blend | 1/2 c | Country Trio Veg | 1/2 c | Baby Carrots** | 1/2C |
| Coleslaw | 1 c | Green Salad | 1 c | Green Salad | 1 c | Coleslaw | 2 oz | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c |
| | | Salad Dressing | 1 oz | Salad Dressing | 1 oz | | 1 cup | Salad Dressing | 1 oz | Salad Dressing | 1 oz | Salad Dressing | 1 oz |
| roll/Marg | 1 ea | roll/ Marg | 1/1 tsp | Biscuit/Marg | 1 ea | roll/ Marg | 1 ea | roll/ Marg | 1 ea | roll/marg | 1 ea | roll/marg | 1 ea |
| Peaches | 1/2 c | Tropical Salad | 1/2 c | Pudding | 1/2 c | Pears | 1/2 C | Pineapple | 1/2 c | Pudding | 1/2 c | Peaches | 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 |

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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

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

NSBHC Everett Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 2

PIONEER FOOD SERVICE

Whatcom

| 21-Oct | | 22-Oct | | 23-Oct | | 24-Oct | | 25-Oct | | 26-Oct | | 27-Oct | |
|-----------------|--------|-------------------|--------|-----------------|-------|---------------------|---------|-------------------|---------|-----------------|--------|----------------|-------|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
| Cheerios | 1 c | Oatmeal | 1 c | Frosted Flakes | 1 c | Raisin Bran | 1 c | Oatmeal | 1 c | Corn Flakes | 1 c | Cheerios | 1 c |
| Scrambled Eggs | 2 ea | Waffle | 2 ea | Breakfast | 1.5 c | French toast | 2 sl | Cheese | 1ea | Pancakes | 2 ea | Omelte | 1 ea |
| Hash Brown patt | 1 ea | t- Sausage Pattie | 1 ea | Casserole | | Sausage link | 2ea | Omelette | | Saus Patty | 1 ea | Hash Brown | 1 ea |
| | | | | | | | | Hasbrown Triangle | 1 ea | | | | |
| Wheat Toast | 2 sl | Syrup | 2 oz | Wheat Toast | 2 sl | Syrup | 2 oz | Wheat Toast | 2 sl | Syrup | 2oz | Wheat toast | 2 sli |
| Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp |
| Apple Juice* | 4 oz | Grape Juice* | 4 oz | Cranberry Jce* | 4 oz | Orange Juice* | 4 oz | Apple Juice* | 4 oz | Cranberry Jce* | 4 oz | Apple Juice* | 4 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 |
| | | | | | | | | | | | | | |
| | | Beef Taco | | | | Caesar Salad | | | | | | | |
| t- Deli Sanwich | 2oz | Taco Meat w/ | | BBQ Chicken | | Diced Chicken | 2 oz | Beef hotdog | 1 ea | Beef Chili | 1.5c | Cheeseburger | 1 ea |
| Cheese | 1 sl | Black Beans | 1/2C | sandwich | 1 ea | Lettuce Mix | 2 c | hotdog bun | 1ea | Shred Cheese | 1/2 oz | Mayo/mustard | 1 ea |
| Mayo/Mustard | 1pk ea | Shred cheese | 1 oz | Tator Tots | 1/2 c | Croutons/Parm | 1 oz ea | mustard/mayo | 1 ea | | | Ketchup | 1 ea |
| Potato Chips | 1 bag | Shred lettuce | 1/2 c | Coleslaw | 1/2 c | Caesar Dressing | 2 oz | ketchup | 1 ea | Coleslaw | 1 c | Chips | |
| | | Salsa/sour crm | 1oz ea | Bun | 1 | Dinner Roll/marg | 1 ea | macaroni & | 1/2 C | | | Baby Carrots | 1/2 C |
| Wheat Bread | 2 sl | Tortilla | 1 ea | | | | | cheese | | Cornbread/marg | 1 ea | Ham Bun | 1 ea |
| Fresh Orange* | 1 ea | Pineapple | 1/2 c | fruit mix | 1/2 c | Apple Slices | 1ea | Mandarins* | 1/2 c | Apricot | 1/2 c | Pudding | 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 |
| | | | | | | | | | | | | | |
| Beef Stew | 3 oz | Creamy Chicken | 1ea | Sweet and | 1 ea | Beef Lasagne | 12 oz | Salisbury Steak | 1ea | Spagetti & | 1 C | Baked chicken | 1ea |
| Veg in Stew | | Rice | 1C | Sour Chicken | 3oz | | | Diced potato | 1 c | Meatballs | 3 ea | gravy | 2 oz |
| biscuit | 1 ea | Broccoli Blend | 1/2 c | Rice/ w Veggies | 1 c | Country veg bler | 1/2 c | W/Brown Gravy | 3 oz | Marinaria sauce | 1/2 c | scallop potato | 1C |
| | | | | | | | | Green Salad | 1 c | Mixed vegetable | 1/2 c | Vegetable | 1/2c |
| Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Salad Dressing | 1 oz | Salad Mix | 1 c | Dressing | 1 oz | Coleslaw | 1/2 c |
| Salad Dressing | 1 oz | Salad Dressing | 1 oz | Salad Dressing | 1 oz | | | Dressing | 1 oz | Salad | 1 c | | |
| marg | 1 ea | roll/ Marg | 1 ea | Roll/ Marg | 1ea | roll/marg | 1 ea | roll/marg | 1ea | Roll/ marg | 1 ea | roll/Marg | 1 ea |
| Pudding Choc | 1/2 c | Mandarins* | 1/2 c | Pudding | 1/2 c | Tropical Fruit | 1/2 c | Peaches | 1/2 cup | Pears | 1/2 c | Tropical Salad | 1/2 c |
| 1% Milk | 8 oz | 1% Milk | 8 oz | 1% Milk | 1 c | 1% Milk | 8 oz | 1% Milk | 8 oz | 1% Milk | 8 oz | 1% Milk | 8 oz |

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Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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NSBHC Everett Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 3

PIONEER FOOD SERVICE

Whatcom

| 28-Oct | | 29-Oct | | 30-Oct | | 31-Oct | | 1-Nov | | 2-Nov | | 3-Nov | |
|------------------------|-------|------------------|---------|-------------------|-------|---------------------|---------|--------------------|-------|-----------------|--------|--------------------|-------|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
| Cheerios | 1 c | Oatmeal | 1 c | Cornflakes | 1 c | Rice Krispies | 1 c | Oatmeal | 1 c | Froot Loops | 1 c | Cornflakes | 1 c |
| French Toast | 2 ea | Scram. Eggs | 2 ea | Waffle | 2 ea | Omelete/cheese | 1 ea | Scrambled eggs | 2 ea | cheese | | breakfast Sand | 1 ea |
| Sausage links | 2 ea | Tater Triangles | 1 ea | Sausage links | 2 ea | Hash Browns | 1 ea | T-sausage patty | 1 ea | omelette | 1 ea | English Muffin | 1 ea |
| | | | | | | | | | | Hashbrowns | 1 ea | | |
| Marg | 2 tsp | Wheat Toast | 2 sl | Marg | 2 tsp | Wheat Toast | 2 sl | Wheat Toast | 2 sl | Ketchup | 1ea | Marg | 1 tsp |
| Syrup | 2 oz | Marg | 2 tsp | Syrup | 2 oz | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | | |
| Grape Juice* | 4 oz | Cranberry Jce* | 4 oz | Orange Juice* | 4 oz | Apple Juice* | 4 oz | Orange Juice* | 4 oz | Apple Juice* | 4 oz | Orange Juice* | 4 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 |
| | | | | | | | | | | | | | |
| Soup of the day | 1C | Beef Taco | | | | Caesar Salad | | | | | | | |
| W/ Saltines | 2 pak | Taco Meat w/ | | Breaded Fish | 1ea | Diced Chicken | 2 oz | Beef hotdog | 1 ea | Beef Chili | 1.5c | Cheeseburger | 1ea |
| Turkey Meat | 2oz | Black Beans | 1/2C | W/Tartar Sauce | 1 oz | Lettuce Mix | 2 c | hotdog bun | 1ea | W/Shred Chees | 1/2 oz | Hamb Bun | 1 ea |
| Cheese | 1oz | Shred cheese | 1 oz | Tater Tots | 1 c | Croutons/Parm | 1 oz | w/mustard/mayo | | | | Ketchup/Mustard | 1 ea |
| Mustard/Mayo | 1 ea | Shred lettuce | 1/2 c | Coleslaw | 1 c | Caesar Dressing | 2 oz | ketchup | 1 ea | Coleslaw | 1 c | Macaroni & | 1/2 c |
| Baby Carrots** | 1/2c | Salsa/sour crm | 1ozea | | | Dinner Roll/marg | 1 ea | Chips | | Cornbread/marg | 1 ea | Cheese | |
| Bread | 2 sl | Tortilla | 1 ea | Hamburger Bun | 1 ea | | | | | | | | |
| Fresh Orange* | 1ea | Pineapple | 1/2 c | Peaches | 1/2 c | Apple Slices | 1ea | Mandarins* | 1/2 c | Apricot | 1/2 c | Mixed Fruit | 1/2 c |
| 1% MILK | 8 oz | 1% MILK | 8 oz | 1% MILK | 2 c | 1% MILK | 8 oz | 1% MILK | 8 oz | 1% MILK | 8 oz | 1% MILK | 8 oz |
| | | | | | | | | | | | | | |
| Chicken Parmesar | 1 ea | Chicken Alfredo | 1ea | Chicken Teriyaki | 3 oz | Spagetti & | 1.5c | Salisbury Steak | 1ea | Grilled Chicken | 1.5c | Ham Steak | 1 ea |
| Marinara&Parmes | 1ozea | Linguine | 1 c | Rice mixed Veggie | 1 c | Meatballs | 3 | W/Brown Gravy | 3 oz | W/Potatoe and | 1/2 c | W/Gravy | 2 oz |
| Penne Pasta | 1 c | Broccoli | 1/2c | | | Marinaria sauce | 1/2 c | Mashed Potato | 1 c | Chicken Gravy | 2 oz | Scalloped Potatoes | 1 c |
| Zucchini | 1/2 c | | | | | Vegetables | 1/2 cup | Country trio blend | 1/2 c | Broccoli | 1/2 c | Mix Veggies | 1/2c |
| Green Salad | 1 c | Salad | 1 c | Salad | 1 c | Salad | 1 cup | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c |
| Salad Dressing | 1 oz | Dressing | 1 oz | Dressing | 1oz | Dressing | 1 oz | Salad Dressing | 1 oz | Salad Dressing | 1 oz | Salad Dressing | 1 oz |
| Roll/margarine | 1 ea | roll/ Marg | 1/1 tsp | Roll | 1 ea | Roll/ marg | 1 ea | roll/marg | 1 ea | Roll/margarine | 1ea | roll/marg | 1 ea |
| Pudding Choc | 1/2 c | Peaches | 1/2 c | Pears | 1/2 c | Pears | 1/2 c | Pudding Vanilla | 1/2 c | Mandarins* | 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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NSBHC Everett Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 4

PIONEER FOOD SERVICE

Whatcom

| 4-Nov | | 5-Nov | | 6-Nov | | 7-Nov | | 8-Nov | | 9-Nov | | 10-Nov | |
|-----------------|-------|------------------|-------|--------------------|-------|---------------------|--------|-----------------|-------|------------------|--------|--------------------|-------|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
| Rice Krispies | 1 c | Oatmeal | 1 c | Raisin Bran Flakes | 1 c | Froot Loops | 1 c | Oatmeal | 1 c | Cheerios | 1 c | Cornflakes | 1 c |
| Waffle | 2 ea | Cheese Omelete | 1 ea | Pancake | 2 ea | Sausage/gravy | 1 c | Scram.Eggs | 1 ea | Breakfast | | French Toast | 2 sl |
| Sausage links | 2 ea | Hash Browns | 1 ea | Bacon | 2sl | | | Hash brown | 1 ea | buritto | 1 ea | T-Saus Patty | 1 ea |
| Marg | 2 tsp | Wheat Toast | 2 sl | Marg | 2 tsp | Biscuit | 1 ea | Wheat toast | 2 sli | Salsa | 2oz | Marg | 2 tsp |
| Syrup | 2 oz | Marg | 2 tsp | Syrup | 2 oz | Marg | 2 tsp | Marg | 1tsp | | | Syrup | 2oz |
| Orange Juice* | 4 oz | Grape Juice* | 4 oz | Cranberry Juice* | 4 oz | Orange Juice | 4 oz | Apple Juice* | 4 oz | Cranberry Juice | 4 oz | Grape Juice | 4 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 |
| | | | | | | | | | | | | | |
| | | Beef Taco | | | | Chef's Salad | | | | | | | |
| Ham Sandwich | 2 oz | Taco Meat w/ | | Salmon Patty | 1ea | Ham&Shrd Chz | 1oz ea | Beef hotdog | 1 ea | Beef Chili | 1.5c | Cheeseburger | 1ea |
| Swiss Cheese | 1 sl | Black Beans | 1/2C | Ham Bun | 1 ea | Hard boiled egg | 1 ea | hotdog bun | 1ea | Shred Cheese | 1/2 oz | | |
| Mustard/Mayo | 1 ea | Shred cheese | 1 oz | Coleslaw | 1/2c | Lettuce mix | 2 c | mustard/mayo | | Cornbread/marg | 1 ea | Mayo/Must | 1 ea |
| Potato Chips | 1oz | Shred lettuce | 1/2 c | | | Tomatoes | 3 wdg | ketchup | 1 ea | Coleslaw | 1 c | Macaroni & | 1/2 c |
| | | Salsa/sour crm | 1oz | Tartar sauce | 1oz | Salad Dressing | 2 oz | Chips | 1 ea | | 1 oz | Cheese | |
| Bread | 2 sl | Tortilla | 1 ea | | | Dinner Roll/mar | 1 ea | | | | | Hamb Bun | 1 ea |
| Mandarins* | 1/2 c | Pineapple | 1/2 c | Fresh Orange* | 1ea | Mixed Fruit | 1/2 c | Mandarins* | 1/2 c | Fruit mix | 1/2 c | Mixed Fruit | 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 |
| | | | | | | | | | | | | | |
| Italian Sausage | 1 ea | Grilled Chicken | 1ea | Salisbury Steak | 1ea | Chix teriyaki | 1/2 c | Fried Steak | 1 ea | Chick Cacciatore | 1 ea | Chicken Noodle | |
| Liguine pasta | 1 c | Brown Rice | 1 c | Mashed Potatoes | 1 c | Rice/w..Veggies | 1 c | W/Country Gravy | 3 oz | Penne Pasta | 1 c | Cassorole | 1.5 c |
| Corn | 1/2 c | Zucchini | 1/2c | W/Brown Gravy | 3 oz | | | Mashed Potatoes | 1 c | Green Beans | 1/2 c | Country trio blend | 1/2 c |
| Marinara Sauce | 4 oz | Green Salad | 1 c | Green Beans | 1/2c | | | Broccoli Blend | 1/2 c | | | | |
| Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c |
| Dressing | 1 oz | Salad Dressing | 1 oz | Dressing | 1 oz | Salad Dressing | 1 oz | Dressing | 1 oz | Salad Dressing | 1 oz | Dressing | 1 oz |
| Roll/Marg | 1 ea | Roll/ Marg | 1 ea | Roll/marg | 1ea | Roll/marg | 1 ea | Roll/mar | 1 ea | Roll/marg | 1ea | Roll/marg | 1 ea |
| Pudding Choc | 1/2 c | Mixed Fruit | 1/2 c | Pears | 1/2C | Pineapple | 1/2 c | Apricot | 1/2c | Pudding Vanilla | 1/2c | Peaches | 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

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

Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 5

PIONEER FOOD SERVICE

Whatcom

| 11-Nov | | 12-Nov | | 13-Nov | | 14-Nov | | 15-Nov | | 16-Nov | | 17-Nov | |
|--------------------|-------|------------------|-------|----------------|-------|---------------------|---------|-----------------|-------|-------------------|--------|----------------|-------|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
| Froot Loops | 1 c | Oatmeal | 1 c | Frosted Flakes | 1 c | Bran Flakes | 1 c | Oatmeal | 1 c | Cheerios | 1 c | Rice Krispies | 1 c |
| Sausage Gravy | 1/2 c | French Toast | 2ea | Scrambled Eggs | 2 ea | Waffles | 2 ea | Cheese Omelete | 1 ea | Cheese | 1ea | breakfast | |
| Biscuits | 2 ea | Bacon | 2ea | Hash Browns | 1 ea | T.Sausage Patty | 1 ea | Tator Triangles | | Omelette | | sandwich | 1 ea |
| | | 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 | | |
| Orange Juice* | 4 oz | Grape Juice* | 4 oz | Orange Juice* | 4 oz | Cranberry Juice* | 4 oz | Grape Juice* | 4 oz | Apple Juice* | 4 oz | Orange Juice* | 4 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 |
| | | | | | | | | | | | | | |
| Soup of Day | 1 c | Beef Taco | | | | Cher's Salad | | | | | | | |
| T- meat Sandwich | 1 ea | Taco Meat w/ | | Beef Tamale | 1 ea | Chicken, ham | 1oz ea | BBQ Chicken | 1 ea | Beef Chili | 1.5c | Cheeseburger | 1ea |
| w/Cheese | 1 oz | Black Beans | 1/2C | Spanish Rice | 1/2 c | Hard-boiled egg | 1 ea | Tater Tots | 1/2 c | Shred Cheese | 1/2 oz | | |
| Mustard/Mayo | 1 ea | Shred cheese | 1 oz | W/Salsa | 2 oz | Tomatoes | 3 wdg | Hamb Bun | 1 ea | | | Mayo/Must | 1 ea |
| Baby Carrot Sticks | 1/2 c | Shred lettuce | 1/2 c | corn | 1/2 c | | | | | Coleslaw | 1 c | Macaroni & | 1/2 c |
| | | Salsa/sour crm | 1oza | | | Salad Mix/dres | 2c/2z | | | | 1 oz | Cheese | |
| WH Bread | 2 sl | Tortilla | 1 ea | | | Bread/ Marg | 1/1 tsp | | | Cornbread/marg | 1 ea | Hamb Bun | 1 ea |
| Apple Slices | 1/2 c | Pineapple | 1/2 c | Apricot | 1/2 c | Fresh Orange* | 1ea | Tropical Mix | 1/2 c | Apricot | 1/2 c | Mixed Fruit | 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 |
| | | | | | | | | | | | | | |
| Sweet and | | Fried Steak | 1ea | Creamy Chicken | 1 ea | Meatballs in | 3 ea | Spagetti & | 1.5c | Chicken Parmesan/ | 1 ea | Beef-Broccoli | 1/2 c |
| Sour Chicken | 1/2 c | Country Gravy | 3 oz | Penne Pasta | 1 C | Brown gravy | 3 oz | Bolognese Sauce | 4 oz | Marinara&Parmesan | 4 oz | Rice | 1 c |
| Rice/w Veggies | 1 c | Mashed potato | 1 c | Broccoli | 1/2 c | Rice | 1 c | Mixed Veggies | 1/2 c | Penne Pasta | 1 c | | |
| | | Zucchini | 1/2 c | | | Scandiavian Veg. | 1/2 c | | | Mixed vegetable | 1/2 c | | |
| Green Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c | Coleslaw | 1/2 c | Salad | 1 c | Green Salad | 1 c | Green Salad | 1 c |
| Salad Dressing | 1 oz | Salad Dressing | 1 oz | Ranch Dressing | 1 oz | | | Dressing | 1 oz | Salad Dressing | 1 oz | Salad Dressing | 1oz |
| Roll/ Marg | 1ea | Roll/ Marg | 1ea | Roll/mar | 1 ea | Roll/marg | 1ea | Roll/ marg | 1 ea | Roll/marg | 1 ea | Roll/ marg | 1 ea |
| Pudding | 1/2 c | Mandarins* | 1/2 c | Peaches | 1/2 c | Apricot | 1/2c | Pears | 1/2 c | Pudding | 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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