

VALLEY CITIES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

PIONEER FOOD SERVICE

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	2 ea			Bacon	2sl	Hash Browns	1/2C	Biscuits	2 ea	Taco		Tur.Saus Patty	1 ea
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 Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
T.Ham	2 oz	Meat Loaf W/	1ea	Chicken Sausage	1ea	Chili con carne	1.5 c	Chicken Alfredo	1C	Lentil Soup	1c	Hamb Patty	1ea
Cheese	2 sl	Swiss Cheese	2ea	in Marinara		Shredded cheese	1 oz	Casserol		W/ Saltines	2 pak	W/Cheese,	1 ea
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c					Bologna	2 oz	W/Cheese,	1 ea
Potato Chips	1oz	Green Salad	1 c	Princ Edward veg mix	1/2C	Capri veg blend	1/2c	Spinach**	1/2 c	Cheese	2sl	Mayo/Must	1 ea
		Ranch Dressing	1 oz							Mayo/Mustard	1pk ea	Macaroni &	1/2 c
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea	Bread Roll/marg	1ea	Baby Carrot**	1/2C	Cheese	
Mandarins*	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1/2c	Fresh Banana	1 ea	Wheat Bread	2 sl	Hamb Bun	1 ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	Fresh Orange*	1ea	Mixed Fruit	1/2 c
										2% Milk	8 oz	2% Milk	8 oz
Salmon Patty	1 ea	Grilled Chicken	1ea	Salisbury Steak	1ea	Chix teriyaki	1ea	Roast Turkey	6 oz	Chick Cacciatore	1/2C	Breaded Fish	1ea
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 blend	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 ea	Pudding	1/2C	Peaches	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	Cran sauce/D ro	3 oz	2% Milk	8 oz	2% 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

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

VALLEY CITIES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE2

PIONEER FOOD SERVICE

25-Nov SUNDAY		26-Nov MONDAY		27-Nov TUESDAY		28-Nov WEDNESDAY		29-Nov THURSDAY		30-Nov FRIDAY		1-Dec 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	4 oz			Casserole		Sausage link	2ea	Omelette		Tur.Saus Patty	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 sl
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco						Chef's Salad				Soup of the day	1C
T.Salami	2oz	Taco Meat w/		Turkey Hot Dog	1 ea	Bn&Cheez Burrito	2 ea	T.Ham&Shrd Chz	1oz ea	Sloppy Joes	1/2 c	Bologna	2oz
Cheese	2sl	Black Beans	1/2C	W/Mustard/Mayd	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	Potato Salad	1/2 c	W/Cheese	2sl
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c	Baby carrot**	1/2 c	Mayo/Mustard	
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c	Tomatoes	2 wdg			Potato Chips	1oz
		Salsa/sour crm	1oz ea	Coleslaw	1/2 c			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	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fresh Apple	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Swedish Meatb	3 oz	Creamy Chicken	1ea	T.Ham Steak	1ea	Meat Lasagna	1ea	Salisbury Steak	1ea	Grilled Chicken	1ea	Brd Fish square	1ea
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
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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Menu items contain no pork products; turkey ham, bologna, salami and sausage are used.

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VALLEY CITIES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE3

PIONEER FOOD SERVICE

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	2ea	Hash Browns	1/2C	T.Sausage Patty	1 ea			Omelette		T. Sausage links	2 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	Syrup	2 oz
Orange Juice*	6 oz	Apple Juice*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
						<u>Chop Chop Salad</u>				<u>Beef Tostada</u>			
Meat Loaf Sand	1ea	Pastrami	2oz	Beef Tator Tot	1C	Chicken, ham	1oz ea	BBQ Chicken	3 oz	Taco Meat W/		Chix teriyaki	1ea
w/Cheese	2ea	Swiss Cheese	2ea	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	Princ Edward	1/2C	Tomatoes	2 wdg	Corn and Peppers	1/2C	Shred cheese	1 oz	Oriental Mix Veg	1/2 c
California veg blend	1/2 c	Mayo/Mustard	1pk ea	veg mix		Shred Carrot	1/4C			Salsa/sour crm	1oz ea		
		Baby carrot**	1/2 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	1/2 c	Fresh Apple	1ea	Pear	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c	Pineapple	1 ea	Mandarins*	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Sweet and		Fried Steak	1ea			Swedish Meatb	3 oz	Beef Chili	1.5C	Chicken Parmesan/	1ea	Turkey Hot Dog	2 ea
Sour Chicken	1/2C	W/Country Gravy	3 oz	Creamy Chicken	1ea	in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parmesan	1oz ea	W/Mustard/Mayo	2 ea
Rice	1 c	Scalloped Potatoes	1 c	Penne Pasta	1 c	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	Broccoli	1/2c	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
2% Milk	1 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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VALLEY CITIES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE4

PIONEER FOOD SERVICE

9-Dec SUNDAY		10-Dec MONDAY		11-Dec TUESDAY		12-Dec WEDNESDAY		13-Dec THURSDAY		14-Dec FRIDAY		15-Dec 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 ea	Omelette		Tater Triangles	2 ea	Bacon	2 sl		
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*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
										Chef's Sal			
Chicken noodle		Bn&Cheez Burrito	2 ea	Turkey	2oz	Tomato Soup	1c	Beef Chili	1.5 c	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	1ea
Casserole	1C	Spanish Rice	1/2 c	W/Cheese	2ea	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c
		W/Salsa	1oz			Ham	2oz	Mix Veggies**	1/2 c	Lettuce mix	2 c	Broccoli	1/2 c
Green Beans	1/2 c	Zucchini	1/2c	Mayo/Mustard	1pk ea	Cheese	2ea			Tomatoes	2 wdg	Biscuit/Marg	1es
				Baby carrot**	1/2C	Mayo/Mustard	1 ea	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	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea	Pears	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Breaded Fish	1ea	Grilled Chicken	1ea	Beef Stew	1.5 C	Fried Steak	1ea	Br.Chicken Patty	3oz	Swedish Meatb	3oz	T.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c	in Country Gravy	in Cont	w/ Contry 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
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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Menu items contain no pork products; turkey ham, bologna, salami and sausage are used.

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VALLEY CITIES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE5

PIONEER FOOD SERVICE

16-Dec SUNDAY		17-Dec MONDAY		18-Dec TUESDAY		19-Dec WEDNESDAY		20-Dec THURSDAY		21-Dec 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	2 ea			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*	1/2 c	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco				Caesar Salad w/		Soup of the day	1C		
Salmon Burger	1ea	Taco Meat w/		Chix teriyaki	1ea	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	1/2 c	Croutons/Parm	1 oz ea	Cheese	2ea	Corn and Peppers	1/2C
Country Mix **	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea		
		Salsa/sour crm	1ozea			Dinner Roll/marg	1 ea	Baby Carrots**	1/2C	Coleslaw	1/2c
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread	2 sl	Hamb Bun	1 ea
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Fresh Banana	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Chicken Parmesar	1ea	Chicken Stew	1.5c	Breaded Fish	1ea	Chunky Beef Chili	1.5c	Chicken Patty w/	1ea	Salisbury Steak	1ea
Marinara&Parmes	1ozea	W/Potatoe and		W/Tartar Sauce	1 oz	W/Shred Chees	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
Bread/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
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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22-Dec	
SATURDAY	
Cornflakes	1 c
French Toast	2 ea
Tur.Saus Patty	1 ea
Marg	2 tsp
Syrup	2oz
Orange Juice*	6 oz
2% Milk	8 oz
Turkey Noodle Casserole	1C
Broccoli	1/2 c
Biscuit/Marg	1ea
Pudding	1/2 c
2% Milk	8 oz
T.Ham Steak W/Gravy	1ea 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
2% Milk	8 oz