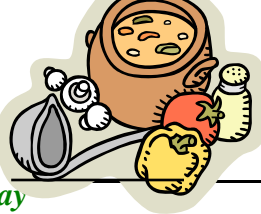
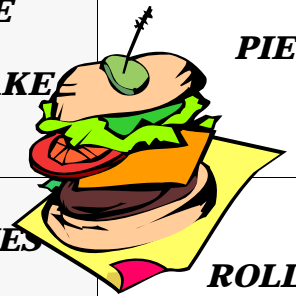


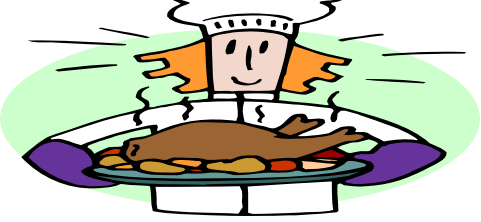


# Lunch : Fall Cycle Week 1

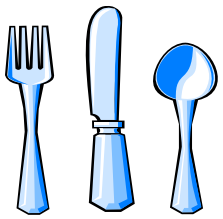


	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>ENTREE</b>	<b>SOUTHERN STYLE PORK CHOPS</b>	<b>CHICKEN PARMESAN OVER SPAGHETTI</b> <b>BAKED FISH</b>	<b>COUNTRY FRIED STEAK</b> <b>SAUSAGE/PEPPERS AND ONIONS</b>	<b>LASAGNA</b> <b>BAKED HAM</b>	<b>FRIED CHICKEN</b> <b>SLOPPY JOES ON A BUN</b>	<b>FISH AND CHIPS</b> <b>MEATLOAF</b>	<b>SALISBURY STEAK</b>
<b>STARCH</b>	<b>DRESSING</b> <b>BAKED POTATO</b>	<b>RICE PILAF</b> <b>O'BRIEN POTATOES</b>	<b>ONION RINGS</b> <b>BUTTER BEANS</b>	<b>BAKED POTATO</b> <b>BLACKEYE PEAS</b>	<b>CORN ON COB</b> <b>MACARONI AND CHEESE</b>	<b>GRITS</b> <b>MASHED POTATO</b>	<b>RICE</b>
<b>VEG</b>	<b>TURNIP GREENS</b> <b>CARROTS</b>	<b>PEAS AND CORN</b> <b>BROCCOLI &amp; CAULIFLOWER</b>	<b>OKRA &amp; TOMATO</b> <b>ITALIAN BEANS</b>	<b>ITALIAN VEGGIES</b> <b>BAKED EGGPLANT</b>	<b>COLLARD GREENS</b> <b>CARROTS</b>	<b>CABBAGE</b> <b>VEGGIE BLEND</b>	<b>GREEN BEANS</b>
<b>SALAD</b>	<b>APPLESAUCE</b> <b>JELLO/FRUIT</b>	<b>CAESAR SALAD</b> <b>PICKLED BEETS</b>	<b>GREEK SALAD</b> <b>COLESLAW</b>	<b>ANTIPASTO SALAD</b> <b>COTTAGE CHEESE/FRUIT</b>	<b>POTATO SALAD</b> <b>ORANGE CREAM SALAD</b>	<b>COLESLAW</b> <b>GREEN JACKET SALAD</b>	<b>PEAR AND CHEESE</b>
<b>DESSERT</b>	<b>KEY LIME PIE</b> <b>PEACH SHORTCAKE</b>	<b>SOUR CREAM COFFEE CAKE</b> <b>BOSTON CREAM PIE</b>	<b>PEANUT BUTTER PIE</b> <b>CARROT CAKE</b>	<b>BANANA CREAM PIE</b> <b>BLONDE BROWNIES</b>	<b>SWEET POTATO PIE</b> <b>APPLE DUMPLINS</b>	<b>LEMON PIE</b> <b>COCONUT CAKE</b>	<b>PIE</b>
<b>BREAD</b>	<b>CORNBREAD</b> <b>ROLLS</b>	<b>GARLIC BREAD</b> <b>ROLLS</b>	<b>CORNBREAD</b> <b>ROLLS</b>	<b>GARLIC BREAD</b> <b>ROLLS</b>	<b>CORNBREAD</b> <b>BISCUITS</b>	<b>HUSHPUPPIES</b> <b>CORNBREAD</b>	<b>ROLLS</b>





# Lunch: Fall Cycle - Week 2



ENTREES  
 SIDES  
 VEGETABLES  
 SALAD  
 DESSERT  
 BREAD

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<b>ROAST BEEF</b>	<b>CHICKEN ALFREDO</b> <b>WALNUT GINGER SALMON</b>	<b>CHOPPED STEAK/ ONION</b> <b>FISH SANDWICH</b>	<b>BBQ CHICKEN</b> <b>SAUSAGE &amp; SAUERKRAUT</b>	<b>BAKED HAM</b> <b>COLD PLATE</b>	<b>FRIED FISH</b> <b>CINCINNATI CHILI</b>	<b>CHICKEN STRIPS</b>
<b>MASHED POTATOES</b> <b>BUTTER BEANS</b>	<b>FETTUCINI</b> <b>RICE PILAF</b>	<b>MASHED POTATO</b> <b>CORN ON COB</b>	<b>MACARONI AND CHEESE</b> <b>ONION RINGS</b>	<b>RED POTATOES</b> <b>BAKED YAMS</b>	<b>GRITS</b> <b>MASHED POTATOES</b>	<b>ONION RINGS</b>
<b>BROCCOLI</b> <b>CARROTS</b>	<b>SOUTHWESTERN SUCATOSH</b> <b>VEGGIE BLEND</b>	<b>SQUASH/TOMATO</b> <b>TURNIP GREENS</b>	<b>VEGGIE CASSEROLE</b> <b>BEETS IN ORANGE SAUCE</b>	<b>SPINACH</b> <b>CABBAGE</b>	<b>GREEN PEAS</b> <b>OKRA &amp; TOMATO</b>	<b>VEGGIE BLEND</b>
<b>AMBROSIA</b> <b>FRUIT SALAD</b>	<b>JELLO/FRUIT</b> <b>PICKLED BEETS</b>	<b>ITALIAN SALAD</b> <b>CITRUS SALAD</b>	<b>ORANGE CREAM SALAD</b> <b>3-BEAN SALAD</b>	<b>BROCCOLI SALAD</b> <b>PINEAPPLE/ CHEESE</b>	<b>COLESLAW</b> <b>GREEN JACKET SALAD</b>	<b>FRUIT SALAD</b>
<b>BLUEBERRY PIE</b> <b>ECLAIRS</b>	<b>BLONDE BROWNIES</b> <b>LEMON PIE</b>	<b>BANANA PUDDING</b> <b>COCONUT PIE</b>	<b>CHOCOLATE ICEBOX PIE</b> <b>CHEESECAKE</b>	<b>CHOCOLATE CAKE</b> <b>SWEET POTATO PIE</b>	<b>CHOCOLATE PECAN PIE</b> <b>APPLE DUMPLIN</b>	<b>BOSTON CREAM PIE</b>
<b>CORNBREAD</b> <b>ROLLS</b>	<b>CONFETTI CORNBREAD</b> <b>CROISSANTS</b>	<b>CORNBREAD</b> <b>BISCUITS</b>	<b>BISCUITS</b> <b>ROLLS</b>	<b>CORNBREAD</b> <b>MUFFINS</b>	<b>CORNBREAD</b> <b>GARLIC BREAD</b>	<b>CORNBREAD</b>



Approved by: *Sally A. Fisher* MSA, RD, LD  
 Sally A. Fisher, MSA, RD, LD



# Lunch: Fall Cycle - Week 3



Sunday \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

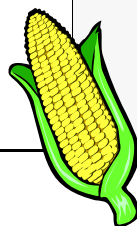
Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

ENTREE  
 STARCH  
 VEGETABLE  
 SALAD  
 DESSERT  
 ROLLS

<b>COUNTRY FRIED STEAK</b>	<b>SPAGHETTI &amp; MEATSAUCE  ROAST PORK</b>	<b>BAKED CHICKEN  SHRIMP CASSEROLE</b>	<b>BEEF TIPS  CHICKEN/ MUSHROOM PIZZA</b>	<b>FRIED CHICKEN  SCALLOP STIR-FRY SALAD</b>	<b>FRIED FISH  CHEESEBURGER</b>	<b>CUBESTEAK/ GRAVY</b>
<b>MASHED POTATO  RICE</b>	<b>CREAMED CORN  DRESSING</b>	<b>BABY LIMAS  RICE</b>	<b>NOODLES  CORN ON COB</b>	<b>MACARONI &amp; CHEESE OVEN POTATOES</b>	<b>GRITS  ONION RINGS</b>	<b>RICE</b>
<b>COLLARD GREENS  PEAS &amp; CORN</b>	<b>BAKED EGGPLANT  VEGGIE BLEND</b>	<b>SQUASH CASSEROLE  VEGGIE BLEND</b>	<b>RUTABAGA  GREEN BEAN/ CILANTRO</b>	<b>BROCCOLI CASSEROLE  TURNIP GREENS</b>	<b>OKRA &amp; TOMATOES  CABBAGE</b>	<b>GREEN BEANS</b>
<b>ORANGE FLUFF  FRUIT SALAD</b>	<b>GREEN JACKET SALAD APPLESAUCE</b>	<b>CHICKEN SALAD  PEAR/CHEESE</b>	<b>COTTAGE CHEESE/ FRUIT COPPER PENNEY</b>	<b>ITALIAN SALAD  POTATO SALAD</b>	<b>COLESLAW  MACARONI SALAD</b>	<b>JELLO/FRUIT</b>
<b>APPLE DUMPLIN  LEMON PIE</b>	<b>PEANUT BUTTER PIE PEACH</b>	<b>CARROT CAKE  APPLE PIE</b>	<b>PINEAPPLE CAKE  BANANA PIE</b>	<b>RED VELVET CAKE  PUDDING</b>	<b>CHERRY COBBLER SOUR CREAM CAKE</b>	<b>CAKE</b>
<b>CORNBREAD  ROLLS</b>	<b>GARLIC BREAD  ROLLS</b>	<b>MUFFINS  ROLLS</b>	<b>CONFETTI CORNBREAD ROLLS</b>	<b>BISCUITS  CORNBREAD</b>	<b>HUSHPUPIES  CORNBREAD</b>	<b>ROLLS</b>



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