
















WEEK 3 ———MEAL TIME : BREAKFAST 7:30 —9:00 A.M., LUNCH 11:30 A.M.—1:00 P.M., DINER 4:30—6:00 P.M.

	SUNDAY MAY 5, 2019	MONDAY MAY 6, 2019	TUESDAY MAY 7, 2019	WEDNESDAY MAY 8, 2019	THURSDAY MAY 9, 2019	FRIDAY MAY 10, 2019	SATURDAY MAY 11, 2019
B R E A K F A S T	WAFFLE / EGGS TO ORDER FROSTED FLAKES/ RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	BREAKFAST CASSEROLE EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT AND FRUIT PARFAIT	FRENCH TOAST / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	SAUSAGE AND EGG BISCUIT EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT & FRUIT PARFAIT	PANCAKES / EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE HOME FRIED POTATOES TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT	EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN YOGURT AND FRUIT PARFAIT	BISCUIT AND GRAVY EGGS TO ORDER FROSTED FLAKES / RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS TOAST—WHEAT, WHITE, RAISIN OR ENGLISH MUFFIN SEASONAL FRUIT
L U N C H	CHIPS AND SALSA  CHICKEN FAJITIA SALAD OR BEEF ENCHALIDIA CASSEROLE REFRIED BEANS W./ CHEESE SHREDDED LETTUCE, TOMATO & SOUR CREAM SALAD CHOCOLATE TACO OR WHOLE FRUIT	PINEAPPLE AND BLUEBERRY SALAD FRIED CHICKEN OR SLICED HAM  MACARONI AND CHEESE PEAS & GREEN ONIONS BISCUIT CHEF'S DESSERT OR CUT FRUIT	BEET AND PEAR SALAD SLICED ROUND ROAST OR BAKED CHICKEN  ROSEMARY RED POTATOES GREEN BEANS BISCUIT DESSERT OF THE DAY OR WHOLE FRUIT	FRUIT SALAD ORANGE GLAZED PORK  SWEET POTATO BROCCOLI ROLL OR TACO SALAD WITH BEEF DESSERT OF THE DAY OR CUT FRUIT	SEAFOOD SALAD CRAB CAKE W/ TARTAR SAUCE OR CHICKEN PARMESEAN W/  SPAGHETTI ROASTED POTATOES CARROTS ROLL DESSERT OF THE DAY OR WHOLE FRUIT	CORNBREAD SALAD PHYLLO WRAPPED SPINACH OR SLICED BBQ BEEF  MIXED VEGETABLES SPINACH & POTATO CASSEROLE ROLL DESSERT OF THE DAY OR CUT FRUIT	SEVEN LAYER SALAD HAMBURGERS  HOT DOGS POTATO SALAD BAKED BEANS DESSERT OF THE DAY OR WHOLE FRUIT
D I N N E R	SEASONED MEATBALLS SCALLOPED POTATOES ROASTED ZUCCHINI ROLL OR HAM SANDWICH  APPLESAUCE POTATO CHIPS, PICKLE ASSORTED DESSERT	BBQ PORK OR CHICKEN BBQ  PASTA SALAD CARROT RAISIN SALAD ROLL ASSORTED DESSERTS	PIMENTO CHEESE OR SPINACH RICOTTA CREPES  MELON SLICES TOMATO SLICES HOMEMADE MUFFIN ASSORTED DESSERTS	SLICED ROAST BEEF MASHED POTATOES / GRAVY CARROTS ROLL OR TOMATO PIZZA  SALAD GREENS ASSORTED DESSERTS	CRAINRAISIN CHICKEN SALAD  OR EGG SALAD SANDWICH ON A KAISER ROLL W/ L&T PASTA SALAD COTTAGE CHEESE ASSORTED DESSERTS	SHRIMP COCKTAIL W/ SAUCE  BBQ CHICKEN SALAD SHRED LETTUCE & TOMATO SLICE, PASTA SALAD MELON SLICE & MUFFIN ASSORTED DESSERTS	MONTE CRISTO SALAD  HAM W/ RED EYE GRAVY  BAKED APPLES GREEN BEANS SWEET POTATO BISCUIT ASSORTED DESSERTS
S O U P	SOUP D'JOUR VEGETABLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D' JOUR VEGETABLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D'JOUR VEGETABLE SOUP	SOUP D'JOUR TOMATO SOUP	SOUP D'JOUR VEGETABLE SOUP

BEVERAGES: REGULAR AND DECAFE COFFEE, HOT AND ICED TEA, MILK, ORANGE, APPLE AND CRANBERRY JUICE. SNACKS: FRUIT, CRACKERS AND JUICE DAILY

 **DENOTES HEART HEALTHY OPTIONS**