

**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.**

	<b>SUNDAY JUNE 9, 2019</b>	<b>MONDAY JUNE 10, 2019</b>	<b>TUESDAY JUNE 11, 2019</b>	<b>WEDNESDAY JUNE 12, 2019</b>	<b>THURSDAY JUNE 13, 2019</b>	<b>FRIDAY JUNE 14, 2019</b>	<b>SATURDAY JUNE 15, 2019</b>
<b>B R E A K F A S T</b>	WAFFLE / EGGS TO ORDER FROSTED FLAKES/ RAISIN BRAN OATMEAL / GRITS BACON / TURKEY SAUSAGE TATER TOTS 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 TATER TOTS 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
<b>L U N C H</b>	GARDEN SALAD  BAKED CHICKEN QUARTER BRAISED ROAST BEEF POTATOES, CARROTS & ONIONS GREEN BEANS YEAST ROLL  ICE CREAM OR WHOLE FRUIT	WATERMELON AND FETA SALAD  FRIED CHICKEN OR SLICED HAM MACARONI AND CHEESE GREEN PEAS CORNBREAD  CHEF'S DESSERT OR CUT FRUIT	BEET AND PEAR SALAD ALFREDO SAUCE OR ITALIAN SAUSAGE OVER PASTA  GREEN BEANS GARLIC BREAD  DESSERT OF THE DAY OR WHOLE FRUIT	FRUIT SALAD ORANGE GLAZED PORK SWEET POTATO BROCCOLI ROLL OR TACO SALAD WITH BEEF LETTUCE, TOMATOES & SOUR CREAM 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	GREEK SALAD PHYLLO WRAPPED SPINACH OR SLICED BBQ BEEF MIXED VEGETABLES BAKED POTATO WITH BUTTER & SOUR CREAM 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
<b>D I N N E R</b>	SEASONED MEATBALLS SCALLOPED POTATOES BROCCOLI SPAGHETTI SQUASH ROLL OR HAM SANDWICH APPLESAUCE POTATO CHIPS, PICKLE ASSORTED DESSERT	GRILLED SHRIMP & NOODLES  PORK BBQ SLIDER POTATO SALAD CARROT RAISIN SALAD  ROLL ASSORTED DESSERTS	PIMENTO CHEESE OR SPINACH RICOTTA CREPES MELON SLICES TOMATO SLICES HOMEMADE MUFFIN ASSORTED DESSERTS	SLICED TURKEY 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 MELON WEDGE ASSORTED DESSERTS	SHRIMP COCKTAIL W/ SAUCE SHRED LETTUCE & TOMATO SLICE, PASTA SALAD MELON SLICE & MUFFIN OR VEGETABLE LOMEIN WITH POTSTICKERS ASSORTED DESSERTS	MONTE CRISTO SALAD HAM W/ RED EYE GRAVY BAKED APPLES GREEN BEANS SWEET POTATO BISCUIT ASSORTED DESSERTS
<b>S O U P</b>	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**