

Breakfast

Pick Your Plate

For questions call x 5276

Main Dish choose one

- French Toast (2)
- Pancakes (2)
- Biscuit w/Gravy
- Scrambled Eggs (*with toppings)
- Egg Whites (*with toppings)
- Egg or Egg White Omelet (*with toppings)

*Toppings - Ham, cheese, peppers, tomatoes, onions

Sides choose two

- Hard Boiled Egg
- Scrambled Egg or Egg Whites
- Turkey Bacon (2)
- Turkey Sausage (2)
- Oatmeal
- Grits
- Tater Tots
- Assorted Cereals*

*Apple Jacks, Fruit Loops, Raisin Bran, Cheerios

Sweet Sides choose one

- Yogurt
- Pudding (choc/van)
- Applesauce
- Fruit Cup
- Jell-O

Beverages choose two

- Coffee (decaf/reg)
- Tea (hot, decaf, sweet, unsweet)
- Juice (orange, cranberry, apple)
- Milk (Whole, 2%, skim, chocolate, soy)

**Add a slice of toast to any meal upon request*

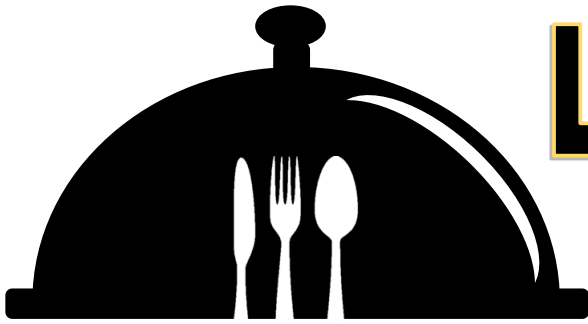
CHOICES

Main Dish: _____ Add Toast? Y N

Side 1: _____ Side 2: _____

Sweet Side: _____

Beverage 1: _____ Beverage 2: _____



Lunch/Dinner Pick Your Plate

For questions call x 5276

Main Dish choose one

#1 - Baked Salmon Filet

Lightly seasoned salmon filet served with a side of mixed vegetables and rice.

#2 - Soup and Sandwich Combo

Grilled cheese sandwich with a choice of chicken noodle or tomato soup.

#3 - Caesar Salad

Romaine lettuce, tomatoes, parmesan cheese and croutons with Caesar dressing

*Add Grilled Chicken or Salmon Filet

#4 - Grilled Cheeseburger

Cheeseburger with a side of mixed vegetables and fries.

Topping choices: lettuce, tomato, onion, pickles, mayo, ketchup and mustard.

#5 - Chicken Tenders

Three baked crispy or grilled tenders served with a side of steamed broccoli and fries

#6 - Spaghetti and Meatballs

Spaghetti noodles with marinara sauce, four meatballs and a side salad.

#7 - Chicken Cordon Bleu

Breaded chicken breast stuffed with ham and cheese. Served with mixed vegetables and mashed potatoes.

Sweet Sides choose one

Yogurt

Pudding (choc/van)

Applesauce

Fruit Cup

Jell-O

Fresh Seasonal Fruit

Beverages choose two

Soda (Pepsi, Diet Pepsi, 7-Up, Diet 7-Up)

Coffee (decaf/reg)

Tea (hot, decaf, sweet, unsweet)

Juice (orange, cranberry, apple)

Milk (2%, skim, chocolate, whole, soy)

*Chicken noodle soup, tomato soup or side salad (lettuce, tomato, cucumber) can be added to any meal.

Dressing Choices: Ranch, Italian, Caesar, French

LUNCH CHOICES

Main Dish #: _____

Add Salad? Y N

Sweet Side: _____

Dressing Choice: _____

Beverage 1: _____ Beverage 2: _____

DINNER CHOICES

Main Dish #: _____

Add Salad? Y N

Sweet Side: _____

Dressing Choice: _____

Beverage 1: _____ Beverage 2: _____