

# Week at a Glance Menu

2017 January 15 - February 11  
Week 2

	SUNDAY, 1/22/2017	MONDAY, 1/23/2017	TUESDAY, 1/24/2017	WEDNESDAY, 1/25/2017	THURSDAY, 1/26/2017	FRIDAY, 1/27/2017	SATURDAY, 1/28/2017
<b>Breakfast</b> 7:30-9	<b>French Toast with Apples</b> Syrup / Margarine Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>Egg Benedict on English Muffin</b> Orange Sections Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>Apple Cinnamon Pancakes</b> Syrup / Margarine Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>Blueberry Coffee Cake</b> Scrambled Eggs Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>English Muffin French Toast</b> Syrup / Margarine Fresh Seasonal Fruit Hot Cereal  <i>Hot or Cold Cereals</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>Biscuit Sausage Gravy</b> Scrambled Eggs Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	<b>Breakfast Croissant</b> Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Cottage Cheese Yogurt Seasonal Fresh Fruit
	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice	<b>Milk &amp; Choice of Beverage</b> Choice of Juice
<b>Lunch</b> 12-1:30	<b>Cream of Broccoli Soup</b>  <b>Polish Sausage</b> Mustard Sauce Harvest Squash Bake Gingered Cabbage Salad Roll & Butter  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Turkey Tortilla Soup</b>  <b>Turkey Cranberry Sandwich</b> Carrot Raisin Salad  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Hearty Tomato Soup</b>  <b>Vegetable Enchiladas</b> Pinto Beans Salsa & Sour Cream  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Beef Barley Soup</b>  <b>Blackened Salmon Caesar Salad</b> Garlic French Bread  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Carrot and Parsnip Soup</b>  <b>Meatball Submarine</b> Pasta Salad with Vegetables  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>New England Clam Chowder</b>  <b>Tuna Apple Salad Sandwich</b> Pears and Gelatin Salad  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Split Pea Soup</b>  <b>Chili Con Carne</b> Garden Salad Cornbread Muffin Melon Wedge  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad
	<b>Chocolate Chip Cheesecake Bar</b> Milk & Choice of Beverage	<b>Fresh Fruit Parfait</b> Milk & Choice of Beverage	<b>Glazed Pumpkin Cookie</b> Milk & Choice of Beverage	<b>Baked Pears with Raspberry Sauce</b> Milk & Choice of Beverage	<b>Banana Pudding</b> Milk & Choice of Beverage	<b>Peanut Butter Bar</b> Milk & Choice of Beverage	<b>Oatmeal Scotchie Cookie</b> Milk & Choice of Beverage
<b>Evening</b> 5:30-6:30	<b>Cream of Broccoli Soup</b> Three Bean Salad  <b>Balsamic Glazed Chicken</b> Roasted Root Vegetables Creamed Peas  <i>Catch of the Day</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Turkey Tortilla Soup</b> Corn, Sweet Onion and Tomato Salad  <b>Marinated Flank Steak</b> Herb Roasted Potatoes Seasoned Asparagus  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Hearty Tomato Soup</b> Apple Celery Raisin Salad  <b>Shrimp Fettuccine</b> Broccoli Florets  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Beef Barley Soup</b> Mixed Salad Greens with Green Goddess Dressing  <b>Slow Cooked Ribs and Kraut</b> Parslied Carrots  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Carrot and Parsnip Soup</b> Spinach Salad  <b>Mustard Parmesan Cod</b> Scalloped Potatoes Zucchini and Tomatoes  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>New England Clam Chowder</b> Broccoli Salad  <b>Paprika Baked Chicken</b> Garden Rice Sautéed Spinach  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	<b>Split Pea Soup</b> Caesar Salad  <b>Baked Penne with Ricotta</b> Italian Green Beans Garlic French Bread  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad
	<b>Cherry Pie</b> Milk & Choice of Beverage	<b>Frosted Spice Cake</b> Milk & Choice of Beverage	<b>Oatmeal Cookie Peach Cobbler</b> Milk & Choice of Beverage	<b>Apple Brown Betty</b> Milk & Choice of Beverage	<b>No-Bake Strawberry Cheesecake</b> Milk & Choice of Beverage	<b>Lemon Meringue Pie</b> Milk & Choice of Beverage	<b>Key Lime Pie</b> Milk & Choice of Beverage
<b>HS Snack</b>	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage	<b>Assorted Snacks</b> Beverage

# Week at a Glance Menu

2017 January 15 - February 11  
Week 3

	SUNDAY, 1/29/2017	MONDAY, 1/30/2017	TUESDAY, 1/31/2017	WEDNESDAY, 2/1/2017	THURSDAY, 2/2/2017	FRIDAY, 2/3/2017	SATURDAY, 2/4/2017
<b>Breakfast</b> 7:30-9	Country Style Scrambled Eggs Toast Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	French Toast with Berries Fresh Fruit Cup Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	Banana Pancakes Syrup / Margarine Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	Egg and Vegetable Frittata Seasonal Fresh Fruit Morning Glory Muffin & Margarine Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	Scrambled Eggs with Onions and Peppers Breakfast Potatoes Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	Blueberry Pancakes Syrup Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit	Waffles with Fresh Strawberries Fresh Seasonal Fruit Hot Cereal  <i>Cereal of the Day</i> Choice of Egg Pancakes Bacon Sausage Patty or Link Toast Yogurt Cottage Cheese Seasonal Fresh Fruit
	Choice of Juice Milk & Choice of Beverage	Milk & Choice of Beverage Choice of Juice	Milk & Choice of Beverage Choice of Juice	Choice of Juice Milk & Choice of Beverage	Milk & Choice of Beverage Choice of Juice	Milk & Choice of Beverage Choice of Juice	Milk & Choice of Beverage Choice of Juice
<b>Lunch</b> 12-1:30	Harvest Vegetable Soup  Curried Chicken Salad on Croissant Fruited Gelatin Salad  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Pasta Fagioli Soup  Greek Salad with Shrimp Fruit Ambrosia Salad Roll & Butter  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Tomato Florentine Soup  Grilled Turkey Pesto Sandwich Three Bean Salad  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Butternut Squash Soup  Asian Steak Salad with Dressing Roll & Butter  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Turkey Chowder  Chickpea Bean Burger Sliced Tomato, Onion and Lettuce Leaf Creamy Coleslaw Melon Wedge  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Seafood Minestrone Soup  Cod Cakes Remoulade Sauce Mushroom Rice Pilaf Tomato Cucumber Salad  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Lentil Soup  Cheese Ravioli with Mushroom Sauce Garden Salad Garlic French Bread  <i>Deli Sandwich</i> Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad
	Toll House Bar Milk & Choice of Beverage	Frosted Pumpkin Bar Milk & Choice of Beverage	Oatmeal Gingersnap Cookie Milk & Choice of Beverage	Berries with Lemon Crème Milk & Choice of Beverage	Mocha Brownie Milk & Choice of Beverage	Peanut Butter Blondie Milk & Choice of Beverage	Rice Krispie Bar Milk & Choice of Beverage
<b>Evening</b> 5:30-6:30	Harvest Vegetable Soup Cucumber Dill Salad  Turkey Divan Orzo with Vegetables Buttered Mixed Greens  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Pasta Fagioli Soup Blue Cheese Pear Salad  Russian Chicken Vegetable Couscous Seasoned Beets  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Tomato Florentine Soup Mini Greek Salad  Sautéed Boneless Trout Orange Rice Pilaf Herbed Asparagus  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Butternut Squash Soup Caprese Salad  Sweet and Tangy Glazed Pork Loin Savory Polenta Basil Zucchini Sauté  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Turkey Chowder Winter Citrus Salad with Arugula  Lemon Rosemary Salmon Herb Roasted Potatoes Fresh Spinach and Mushrooms Tartar Sauce  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Seafood Minestrone Soup Wedge Salad  Burgundy Beef Tenderloin Tips Horseradish Mashed Potatoes Basil Green Beans  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad	Lentil Soup Asian Citrus Spinach Salad  Pork and Vegetable Stir Fry Jasmine Rice Mini Egg Rolls  <i>Deli Sandwich</i> Catch of the Day Cheeseburger on a Bun Grilled Chicken Salad with Dressing Garden Salad
	Pound Cake with Fruit Topping Milk & Choice of Beverage	Frosted Chocolate Cake Milk & Choice of Beverage	Pear Custard Bar Milk & Choice of Beverage	Red Velvet Cake Milk & Choice of Beverage	Cherry Cobbler Milk & Choice of Beverage	Tiramisu Milk & Choice of Beverage	Fortune Cookies Ice Cream Milk & Choice of Beverage
<b>HS Snack</b>	Assorted Snacks Beverage	Assorted Snacks Beverage	Assorted Snacks Beverage	Assorted Snacks Beverage	Assorted Snacks Beverage	Assorted Snacks Beverage	Assorted Snacks Beverage