



## Menu Week of December 7, 2009

(HM) = Homemade

\*=Soy milk made available

Monday: Breakfast: Cheesy Grits (HM) with Milk and Juice

Lunch: Southwestern Vegetable Soup, Green Beans, Fruit Cocktail, Saltines, and Milk\*

Snack: Blueberry Nutri Grain Bars and Juice

Tuesday: Breakfast: Banana Nut Cheerios with Milk\*

Lunch: Turkey Smoked Sausage, Steamed Cabbage, Peaches, Wheat Dinner Rolls, and Milk\*

Snack: Fruit Snacks and Juice

Wednesday: Breakfast: Bagels and Jelly with Milk\*

Lunch: BBQ Drumsticks (HM), Steamed Rice, Corn, Sliced Apples, and Milk\*

Snack: Strawberry Jello with Craisins and Juice

Thursday: Breakfast: Scrambled Eggs with Bacon and Milk\*

Lunch: Chili Chicken Dogs on a Bun, Cheese, Peas, Pears, and Milk\*

Snack: Butter Garlic Crackers and Milk\*

Friday: Breakfast: Waffles with Syrup and Milk\*

Lunch: Beef Stew, Mixed Vegetables, Peaches, Fresh Biscuits, and Milk\*

Snack: Special K Cereal Bars with Juice