



Menu Week of November 2, 2009

HM = Homemade

*Soy Milk Option Provided

Monday – Breakfast: Honey Nut Cheerios with Milk* and Juice
Lunch: Tuna Salad (HM), Carrot Sticks, Tangerines, Wheat Bread Slices,
and Milk*
Snack: Bananas and Graham Crackers and Juice

Tuesday- Breakfast: Pancakes and Syrup and Milk*
Lunch: Beef Stroganoff (HM), Penne Pasta, Green Beans, Fruit Cocktail,
and Milk*
Snack: Goldfish Crackers and Juice

Wednesday-Breakfast: Biscuits and Jam and Milk*
Lunch: Chicken Stir Fry (HM), Steamed Rice, Oriental Vegetable Medley,
Pineapple, and Milk*
Snack: Cheese Slices and Saltines with Juice

Thursday-Breakfast: Scrambled Eggs (HM) and Toast and Milk*
Lunch: Pepperoni or Cheese English Muffin Pizzas (HM), Peas, Applesauce,
Toast, and Milk*
Snack: Cheez Its with Raisins with Juice

Friday- Breakfast: Ms. Sadie’s Famous Oatmeal (HM) and Milk*
Lunch: Chicken Nuggets, Corn, Peaches, Sliced Wheat Bread, and Milk*
Snack: Kudos Bars and Juice