

Breakfast Week Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Two scrambled eggs, tomato, onion, and green peppers	Two egg over easy with toasted 2 slices white bread and bacon	2 Pancakes, syrup with Bacon 1 Banana	Omelet with eggs, onions, green pepper, and tomato	Sandwich with scrambled eggs, tomato bacon and cheese	2 Sunny side up eggs with toasted bread and bacon	Two scrambled eggs with tomato, green peppers, and onions, cheese and toasted bread.
2 pancakes + syrup					1 Cafe or Cup of milk	
Cup of Milk or orange juice	1 cup of orange juice or Cafe		1 Cup of Cafe	1 Cup of Orange Juice		1 Cup of orange juice or milk
1 Banana			1 Apple	1 Banana	1 Banana	1 Apple
	1 apple					

Lunch Week Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Fried chicken with side of mash potatoes and steamed veggies carrots and broccoli	1 Piece grilled chicken breasts with white rice and broccoli	Mashed potatoes and rice with eggs 1 Cup of orange juice	Eggs with white rice and toasted bread 1 cup of Blackberry juice	Sauteed breast chicken with onions and white rice 1 cup of cafe	Sandwich with cheese and eggs 1 Cup of orange juice	Spaghetti pasta with chicken breast 1 cup of Blackberry Juice
Water	1 Cup Blackberry juice					

Dinner Week Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pasta with Bolognese tomato sauce and toasted bread	Pancakes with Syrup	Pasta with Bolognese tomato sauce and half cup corn	Eggs with leftover bacon and white rice	White rice with chicken	Half cup of corn with scrambled eggs	Pancakes with Syrup
1 fountain water	1 Cup of orange juice		1 cup of water	1 cup of blackberry juice	1 cup of orange juice	1 Cup of milk
						1 Apple