

# Menu Planning for Week Of Cycle 1 FALL

2011

MILK SERVED AT EACH MEAL

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Mr. Rib Sandwich Onion Rings	Chicken Strips Spicy Fries	Corn Dogs Waffle Fries	Philly Steak Sand. Tator Tots	Chicken Taquitos Nachos, Fresh Salsa		
	<b>PANINI SANDWICH BAR</b> Potato Bar <b>ASIAN:</b>  Cajun Chicken Red Beans & Rice Corn on the cob Mix. Veg. Rolls Pumpkin Pie Cobbler	<b>PANINI SANDWICH BAR</b> Potato Bar <b>ASIAN:</b>  Beef Fajitas Tortillas Refried Beans Mex. Rice Nachos, Corn Sugar Cookie Cobbler	<b>PANINI SANDWICH BAR</b> Potato Bar <b>ASIAN:</b> W. W. Spaghetti Reg. Spaghetti Red Meat Sauce Fried Mushrooms Broccoli Cuts French Bread Rice Crispy Treat Cobbler	<b>PANINI SANDWICH BAR</b> Potato Bar <b>ASIAN:</b>  Chicken Parmesan Bacon Mozzarella Bread Sticks Augratin Potatoes Corn on Cob Peanut Butter Cookie Cobbler	<b>PANINI SANDWICH BAR</b> Potato Bar <b>ASIAN:</b>  Fish & Chips French Fries Corn, carrots  Hot Rolls Wacky Cake Cobbler	<b>PANINI SANDWICH BAR</b>  Scrambled Eggs Toaster Waffle  Bacon Hash browns Biscuits & Gravy Asst. Fruit Turnovers	<b>PANINI SANDWICH BAR</b>  Boiled Eggs Toaster Waffle Sausage Patty Bacon Hash browns Biscuits & Gravy Donuts
	Lemon Pepper Wings Crinkle Fries	Hot Dogs & Chili Onion Rings	Chicken Strips Fries	BLT Sandwich Tator Tots	Grilled Chicken Sand. Crinkle Cut Fries		
	<b>PANINI SANDWICH BAR</b>  <b>Pepperoni Pizza</b>  Fried & Grilled Pork Chops Cheddar Mash. Potato Green beans Baked Apples Mississippi Mud Cake cobbler	<b>PANINI SANDWICH BAR</b>  <b>Meat Lover's Pizza</b>  Turkey tetrazzini Veg. Sticks Broccoli Cuts Bread Sticks Brownie Cobbler	<b>PANINI SANDWICH BAR</b>  <b>Chicken Calizone</b>  BBQ Smoked Sausage Mash. Potatoes & Corn, Green beans Black eye peas Hot Rolls Asst. Cheesecake Cobbler	<b>PANINI SANDWICH BAR</b>  <b>Italian Sausage</b> Pizza Roast Beef Baked Potato Green beans Mac & cheese Corn Oatmeal Pecan Cookie Cobbler	<b>PANINI SANDWICH BAR</b>  <b>Mexican Pizza</b>  Beef Stroganoff Pasta  Peas Hot rolls Green Poke Cake Cobbler	<b>PANINI SANDWICH BAR</b>  Honey BBQ Chicken Strips Potato Wedges Asst. Desserts Asst. Veggies	<b>PANINI SANDWICH BAR</b>  Hot Dogs Chili/Cheese Burrito Spanish Rice Nachos Cobbler

# Menu Planning for Week Of CYCLE 2 FALL

2011

MILK SERVED AT EACH MEAL

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Chicken Nuggets Seasoned Fries  <b>Panini Sub Bar</b> <b>Potato Bar</b>	Hot dogs Onion Rings  <b>Panini Sub Bar</b> <b>Potato Bar</b>	Hamburger/cheese Burger Tator Tots <b>Panini Sub Bar</b> <b>Potato Bar</b>	Steak Fingers Steak Fries Gravy <b>Panini Sub Bar</b> <b>Potato Bar</b>	Corn Dogs Crinkle Cut Fries  <b>Panini Sub Bar</b> <b>Potato Bar</b>	<b>Panini Sub Bar</b>	<b>Panini Sub Bar</b>
	Chicken Fajitas Mex. Rice Refried Beans Nachos Peanut Butter Cookie cobbler	Beef Lasagna Veg. Lasagna Fried Veg. Stick Broccoli Hot Rolls Wacky Cake Cobbler	Bake Fried Chicken Mash. Potatoes Baked Beans Biscuits Strawberry Short- Cake Cobbler	Chicken Enchilada Casserole Rice, Beans Corn chips & Salsa Brownie Cobbler	Seafood Platter clams, Shrimp Catfish Rice Pilaf Peas, Carrots Hush Puppies Green Poke Cake cobbler	Scrambled Eggs Bacon, Sausage Biscuits & Gravy Hash browns French Toast Stick  WAFFLE BAR	Scrambled Eggs Bacon Biscuits Hash browns Sausage Gravy Donuts  WAFFLE BAR
	BBQ Sandwich Fries  <b>PANINI SANDWICH BAR</b>  <b>Meat Buster Pizza</b>	Unbreaded Hot wings Shoe String Fries  <b>PANINI SANDWICH BAR</b>  <b>Italian Sausage</b> Calizone	Grilled Ham & Cheese Fries  <b>PANINI SANDWICH BAR</b>  <b>PIZZA, Veg. cheese</b>	Rubeen Sandwich Tator Tots  <b>PANINI SANDWICH BAR</b>  <b>Supreme Pizza</b>	Chicken Strips Onion Rings  <b>PANINI SANDWICH BAR</b>  <b>PIZZA-Sausage</b>	<b>PANINI SANDWICH BAR</b>  Spaghetti, Meat Sauce Fried Squash Bread sticks  Asst. Desserts	<b>PANINI SANDWICH BAR</b>  Chicken strips Ranch Fries Green beans Fried Okra Hot Rolls Blueberry Cake
	Chicken Fried Steak Mash. Potato & Gravy Biscuits green Beans, corn Brownie Cobbler	BBQ Smoked Sausage Augratin Potato Black eye peas 5-Way mix veg. Hot Rolls Italian Cake Cobbler	Beef Burrito Mex. Rice Refried Beans corn, Nachos Cobbler Sugar Cookie Cookie	Chicken Strips Wedge Fries Corn on Cob Broccoli Spears Mac & Cheese Hot Roll Pecan Bars cobbler	Grilled Ham Mac & Cheese French Fries Green Beans Wacky Cake cobbler		

# Menu Planning for Week Of CYCLE 3 FALL

2011

MILK SERVED AT EACH MEAL

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Philly Steak Sand. French Fries  <b>PANINI SANDWICH BAR</b> <b>POTATO BAR</b>  Smothered Chicken Breast Rice Pilaf Honeyed Carrots Fried Mushrooms Hot Rolls Choc. Cake cobbler	French Bread Pizza Pepperoni & Sausage Ranch Fries <b>PANINI SANDWICH BAR</b> <b>POTATO BAR</b>  Grilled Ham w/Cherry Glaze Augratin Potato Peas, Fried Squash WW Hot rolls Baked Apples Snickerdoodle Cookie	Chicken Taquitos Nachos <b>PANINI SANDWICH BAR</b> <b>POTATO BAR</b>  Meat Loaf Brown Gravy Mash. Potatoes Green beans Steamed Cabbage Mac & Cheese Hot Rolls choc. Chip cookie Cobbler	Fried Chicken Sand. Shoestring Fries  <b>PANINI SANDWICH BAR</b> <b>POTATO BAR</b>  Baked 4 Cheese Ziti Broccoli Cuts Fried Squash Bread Sticks Orange Poke cake Cobbler	Hamburger/Cheese Burger Spicy fries <b>PANINI SANDWICH BAR</b> <b>POTATO BAR</b>  Baked Tilapia Broccoli Spears Casserole Hushpuppies Honeyed Carrots Corn Choc. Chip Cookie Cobbler	<b>PANINI SANDWICH BAR</b>  Scrambled Eggs Toaster Waffles Sausage Plain Gravy Biscuits Hash browns	<b>PANINI SANDWICH BAR</b>  Scrambled Eggs Toaster Waffles Biscuits & Sausage Gravy Bacon Hash browns Donuts
	Corn Dogs Tator Tots  <b>PANINI SANDWICH BAR</b>  <b>PIZZA Pepperoni</b>  Plain & BBQ Ribs smoked Beans Fried Okra Scalloped Potato Corn, Mac & Cheese Hot Rolls Asst. Cheese cake Cobbler	Steak Fingers Tator Tots Gravy <b>PANINI SANDWICH BAR</b>  <b>PIZZA BEEF</b>  Breaded/Unbreaded Hot Wings chicken Rice 5-Way Mix Veg. Hot Rolls Brownies Cobbler	Chili/Cheese Hotdogs Onion rings <b>PANINI SANDWICH BAR</b>  <b>PIZZA-SUPREME</b>  Herbed Tenderloin Pork Mash. Potato Gravy Calif. Blend French Bread Strawberry Shortcake Cobbler	Honey BBQ Chicken Strips Waffles Fries <b>PANINI SANDWICH BAR</b>  <b>CHICKEN CALIZONE</b>  Chicken Fried Steak Baked Potato Gravy Green beans corn Fried Okra Rice Crispy Treat Cobbler	Frito Chili Pie  <b>PANINI SANDWICH BAR</b>  <b>PIZZA-SAUSAGE</b>  Chicken Strips Spicy Fries Mac & Cheese Green Beans Hot Rolls No Bake Cookie Cobbler	<b>PANINI SANDWICH BAR</b>  <b>Chicken Fried steak</b> Baked potato Corn Gravy Biscuits Asst. Desserts	<b>PANINI SANDWICH BAR</b>  <b>BBQ Brisket</b> Cheddar Mash. Potato Fried Okra Black eye peas Hot Rolls Peanut butter cookie Cobbler

# Menu Planning for Week Of            CYCLE 4 FALL 2011

MILK SERVED AT EACH MEAL

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Chicken Nuggets Crinkle Cut Fries  <b>Potato Bar</b> <b>Panini Sub Bar</b>  Brisket Mashed Potato Brown Gravy Steamed Cabbage Corn, Mac & Cheese Choc. Chip cookie	Hot Dogs with chili/cheese Onion Rings  <b>Panini Sub Bar</b> Potato Bar  Lasagna Broccoli Cuts Bread Sticks Red Poke Cake Cobbler	Taco Salads Chicken/Beef Nachos  <b>Potato Bar</b> <b>Panini Sub Bar</b>  Baked Herb Chicken Green Bean Casserole Hominy Rice Pilaf Strawberry shortcake Cobbler	Lemon Pepper Wings Crinkle cut fries  <b>Panini Sub Bar</b> <b>Potato Bar</b>  Chicken Fried Steak Mash. Potato Cream Gravy Green Beans, corn Hot Rolls  Coconut Pie Cobbler	BBQ Beef Sandwich Spicy Fries  <b>Panini Sub Bar</b> <b>Potato bar</b>  Fried Catfish Baked Potato Chicken Rice Corn on Cob Hush Puppies  Banana Cake Cobbler	Bacon Scrambled Eggs Toaster Waffles Biscuits & Sausage Gravy Hash browns French Toast Sticks	Boiled Eggs Toaster Waffles Biscuits Plain Gravy Sausage Hash browns Donuts
	Steak Fingers Fries, Gravy Sauce  <b>Panini Sub Bar</b> <b>PIZZA BEEF</b>  Breaded/Unbreaded Hot Wings Chicken Flavor Rice French Fries Hot rolls Applesauce Cake cobbler	Chicken Nuggets Ranch Fries  <b>Panini Sub Bar</b> <b>PIZZA-BBQ Chicken</b> Cheese Beef Stroganoff White Rice Calif. Blend Fried Squash Hot Rolls No Bake cookies Cobbler	Grill Turkey Swiss Sandwich Wedge Fries  <b>Panini Sub Bar</b> <b>PIZZA- Pepperoni</b> Hamuburger Steak Mash. Potatoes Brown Gravy 5-Way Mix Veg. Green beans Hot Roll Snickerdoodle cookie cobbler	Burritos w/chili & Cheese Nachos  <b>Panini Sub Bar</b> <b>Calizone-Sausage</b>  BBQ Polish Sausage Mash. Potato Gravy Mac. & cheese Peas, Hot Rolls Boston Crème Pie Cobbler	Grilled Cheese Sand. French Fries  Panini Sub Bar <b>PIZZA- Pepperoni</b>  Chicken Strips Mash. Potatoes Gravy Green Beans, Corn  Hot Rolls Peanut butter cookie cobbler	PANINI SANDWICH BAR	Panini Sub Bar  <b>Chicken Fried- Chicken</b> Mash. Potatoes Gravy Green beans Asst. Desserts Biscuits