

THE CEDARS FALL/WINTER MENU 2018-19

WEEK 2

MONDAY 10/8	TUESDAY 10/9	WEDNESDAY 10/10	THURSDAY 10/11	FRIDAY 10/12	SATURDAY 10/13	SUNDAY 10/14
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BREAKFAST

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
MARGARINE
2% MILK

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
MARGARINE
2% MILK
JELLY

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
MARGARINE
2% MILK
JELLY

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF TOAST
CHOICE OF EGG
MARGARINE
2% MILK

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
MARGARINE
2% MILK
JELLY

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
MARGARINE
2% MILK
JELLY

CHOICE OF JUICE
CHOICE OF CEREAL
CHOICE OF EGG
CHOICE OF TOAST
2% MILK

NOON MEAL

GLAZED HAM
PARSLIED POTATOES
CARROTS AND COOKED CABBAGE
BANANA CAKE
BREAD SLICE
MARGARINE
2% MILK

ROAST PORK
SWEET POTATO CRUNCH
SEASONED BROCCOLI
APPLE PIE SQUARES
BREAD SLICE
MARGARINE
2% MILK
SPICED APPLE RING

OVEN ROASTED CHICKEN WINGS
CHEESY MASHED POTATOES
KEY WEST VEG BLEND
DESSERT OF THE DAY
BREAD SLICE
MARGARINE
2% MILK

SPAGHETTI W/ MEATSAUCE
TOSSED SALAD
CHOICE OF DRESSING
GARLIC TOAST
OATMEAL CAKE
2% MILK

TACO BOWL
SEASONED CORN
SPANISH RICE
SALSA /SOUR CREAM
UNFRIED ICE CREAM
2% MILK

BEEF & NOODLES
HARVARD BEETS
BANANA PARFAIT
BREAD SLICE
MARGARINE
2% MILK

COUNTRY FRIED STEAK
WITH COUNTRY GRAVY
MASHED POTATOES
RIVIERA VEG BLEND
PUMPKIN PIE
DINNER ROLL & BUTTER
2% MILK

EVENING MEAL

PHILLY CHEESESTEAK SANDWICH
TATER TOTS
BAKED BEANS
LETTUCE, TOMATO, ONION, PICKLE
SHERBET
2% MILK
CHOICE OF CONDIMENTS

CHICKEN & DUMPLINGS
PEAS
PEACHES
COOKIE
2% MLK

SMOTHERED CUBED STEAK
BAKED POTATO
ORANGE COTTAGE CHEESE SALAD
SOUR CREAM
25 MILK

CREAM OF BROCCOLI SOUP
SALTINES
GRILLED HAM & CHEESE
SANDWICH GARNISH
FRUIT COCKTAIL
2% MILK

BREADED FISH SANDWICH
FRENCH FRIES
CREAMY COLE SLAW
APRICOTS
TARTAR SAUCE
2% MILK

CREAM OF POTATO SOUP
SALTINES
TURKEY & CHEESE SANDWICH
PINEAPPLE AND ORANGES
SANDWICH CONDIMENTS
2% MILK

FRENCH DIP SANDWICH
PEAS & CARROTS
HOMEMADE COOKIE
2% MILK
CHOICE OF CONDIMENTS

SNACK CAR FOR H.S. SNACK