

# Scheduled Menus Planned for Week of 10/20/2013 thru 10/26/2013

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October 20, 2013 Sun	October 21, 2013 Mon	October 22, 2013 Tue	October 23, 2013 Wed	October 24, 2013 Thu	October 25, 2013 Fri	October 26, 2013 Sat
<b>Breakfast</b>						
	English Muffin (012) Peaches (036)	Biscuits (002) Hash Browns (257)	Oatmeal (253) Blueberries (006)	Pancakes / Waffle (030) Applesauce (002)	White Rice (125) Pears (037)	
	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	
<b>AM Snack</b>						
	Egg (whole) (166) French Bread (015)	Saltine Crackers (263) Grapes (024)	Egg (whole) (166) Toast (057)	Snack Crackers (264) Mixed / Blended J (078)	Cheese Crackers (256) Mixed Fruit (032)	
<b>Lunch</b>						
	Ham (074) Hamburger Buns (020) Corn (166) Pears (037) Low Fat (1% & 2% (5)	Salisbury Steak (023) Hamburger Buns (020) Lettuce (243) Peaches (036) Low Fat (1% & 2% (5)	Beef Hot Dogs (002) Hot Dog Buns (022) French Fries (256) Applesauce (002) Low Fat (1% & 2% (5)	Beef Ground (001) Macaroni Noodles (106) Carrots (162) Pineapple (040) Low Fat (1% & 2% (5)	Meat Pizza w / Ex (032) Pizza Crust (061) Green Peas (254) Blueberries (006) Low Fat (1% & 2% (5)	
<b>PM Snack</b>						
	Graham Crackers / (258) Fruit Salad (021)	Oatmeal Cookies (274)  Low Fat (1% & 2% (5)	Cheddar Cheese (145) Flour Tortillas (130)	Toast (057) Salsa (200)	String Cheese (163)  Carrots (162)	
<b>Dinner</b>						
<b>Evening Snack</b>						