Florence Crittenton Cafe' Elizabeth Week 4

MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY SUNDAY August 28, 2017 August 29, 2017 September 3, 2017 August 30, 2017 August 31, 2017 September 1, 2017 September 2, 2017 **BREAKFAST** BREAKFAST **BREAKFAST** BREAKFAST BREAKFAST BREAKFAST BREAKFAST Glazed Doughnuts Cheese Omelet Biscuit & Gravy Assorted Muffins Chorizo & Eggs Diced Ham Breakfast Sandwich WW Tortilla Chef's Choice String Cheese WW Toast Sausage Patty Assorted Yogurts Scrambled Eggs WW Toast Cheese Sticks **AssortedYogurts** Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice Apple/Orange Juice Apple/Orange Juice Apple/Orange Juice Apple/Orange Juice Apple/Orange Juice Apple/Orange Juice

Hot Dog on WW bun Baked Beans Carrot Sticks Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk

LUNCH

OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

DINNER

Chicken Tenders

Mashed Potato

Peas

WW Roll

Salad Bar

Fresh Fruit/Fruit Cup

OR

PB&J Pack

Salad Bar

Fresh Fruit/Fruit Cup

Apple/Orange Juice

Salad Bar OR PB&.I Pack Salad Bar

Turkev.Tuna.Ham Or Ham Sub WW Bun Lettuce/ Tomato Potato Chips 1% or Skim milk 1% or Skim milk

LUNCH

Fresh Fruit/Fruit Cup Apple/Orange Juice Fresh Fruit/Fruit Cup Apple/Orange Juice DINNER

Meatloaf Seasoned Red Potatoes Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar

Fresh Fruit/Fruit Cup

LUNCH **Beef Tacos** Spanish Brown Rice Refried Beans Lettuce & Tomato Salad Ran

Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack

Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

DINNER Orange Chicken Oriental Vegetable WW Roll Salad Bar Fresh Fruit/Fruit Cup OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

LUNCH Sloppy Joes

Baked French Fries Broccoli Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

> DINNER Chili Con Carne Corn Bread

Salad Bar Fresh Fruit/Fruit Cup OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup LUNCH

Pepperoni/ Cheese Pizza Carrots / Broccoli Salad Bar

Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

DINNER

Chicken Alfredo Egg Noodles Green Beans WW Roll Salad Bar Fresh Fruit/Fruit Cup OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

Macaroni Cheese Ham Corn / roll

LUNCH

Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

DINNER

Cheeseburger w/ WW Bun Lettuce / Tomato French Fries WW Roll Salad Bar Fresh Fruit/Fruit Cup

OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup LUNCH

Chefs Choice

Salad Bar

Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack

Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

> Chili Macaroni Corn Bread Carrots

DINNER

Salad Bar Fresh Fruit/Fruit Cup

OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

100% Fruit Juice 1% Plain Milk Skim Plain Milk Skim Chocolate Milk