Florence Crittenton Cafe' Elizabeth

Week 3

MONDAY		
February 5,	201	

BREAKFAST

Bagels Cream Cheese Assorted Yogurt 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

LUNCH

Corn Dogs **Baked Beans** Carrot Sticks Lettuce Tomato

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

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

DINNER

Mac & Beef **Green Beans** WW Roll

Salad Bar Fresh Fruit/Fruit Cup

> OR PB&J Pack Salad Bar

February 6, 2018 **BREAKFAST**

TUESDAY

French Toast Sticks Sausage Links Sugar free Syrup/ Margarine

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

WEDNESDAY February 7, 2018

BREAKFAST Breakfast Burrito Hash Browns

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

OR

Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice

THURSDAY February 8, 2018

BREAKFAST Assorted Muffins WG **Assorted Yogurts** Cheese Sticks

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

February 9, 2018 **BREAKFAST**

FRIDAY

Waffles Turkey Sausage Sugar free Syrup/ Margarine

1% or Skim milk Apple/Orange Juice

Choice of 2 cereals 1% or Skim milk Apple/Orange Juice

Fresh Fruit/Fruit Cup

OR

Fresh fruit/ fruit cup

LUNCH

BREAKFAST Scrambled Eggs w /Cheese

SATURDAY

February 10, 2018

WW Toast 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

SUNDAY February 11, 2018

BREAKFAST Sausage Muffin Egg Cheese Hash Brown Sticks 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

LUNCH

Bean & Cheese Burrito Spanish Brown Rice

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

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

LUNCH

Chicken Nuggets Tater tots 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

Chicken Fajita Pita Bread Lettuce & Tomato Spanish Brown Rice Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

PB&J Pack

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

LUNCH

Cheeseburgers **WW Bun Lettuce** Tomato/ **Baked French Fries** Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice

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

LUNCH

Grilled Cheese Tomato Soup Potato Chips

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

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

LUNCH

Chicken Quesadilla Refried Beans Lettuce Tomato

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

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

Fresh Fruit/Fruit Cup

DINNER

BBQ Chicken AuGratin Potatoes Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup

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

Apple/Orange Juice DINNER

Beef Stew Over Rice Carrots **Biscuit**

Salad Bar Fresh Fruit/Fruit Cup

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

DINNER

Stuffed Shells **Cheesy Bread** Italian Vegetables

Salad Bar Fresh Fruit/Fruit Cup

> OR PB&J Pack Salad Bar

Fresh Fruit/Fruit Cup

DINNER

Chicken Fricassee **Egg Noodles** Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup

OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

DINNER

Green Chili Tamales Spanish rice Refried Beans

Salad Bar Fresh Fruit/Fruit Cup

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

DINNER

Spaghetti/ Meatballs **Green Beans Toasted Garlic Bread**

Salad Bar Fresh Fruit/Fruit Cup

OR

PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

This institution is an equal opportunity provider.

100 % Fruit Juice 1% Milk Skim Milk

Skim Chocolate Milk

PBJ Pack Sandwich Cheese Stick Cheeze Its

WW Whole Wheat WG Whole Grain