

Florence Crittenton Cafe Elizabeth
Week 5

MONDAY July 10, 2017	TUESDAY July 11, 2017	WEDNESDAY July 12, 2017	THURSDAY July 13, 2017	FRIDAY July 14, 2017	SATURDAY July 15, 2017	SUNDAY July 16, 2017
BREAKFAST Scrambled Eggs Toast Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST WW Bagels Assorted Yogurt Cheese Stick Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST Scrambled Eggs Chorizo ww Tortilla Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST WW Cinnamon Roll Assorted Yogurt Cheese Stick Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST WW English Muffin Egg And Cheese Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST Hard Boiled Egg Turkey Sausage WW Toast Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	BREAKFAST Scrambled eggs in a WW Tortilla Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR Choice of 2 cereals Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
LUNCH Chicken Sandwich Lettuce & Tomato French fries Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Meatball Sub Carrots Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Beefy Macaroni Italian Vegetables Garlic Bread Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Chicken Pot Pie Green Beans Dinner Roll Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Pizza Carrot Sticks Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Fish Sticks Coleslaw French Fries Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	LUNCH Ham Sandwich Lettuce & Tomato Chips Salad bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit 1% or Skim milk Apple/Orange Juice
DINNER Beef Stroganoff Egg Noodles Steamed Broccoli Dinner roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Herb Chicken Brown Rice Mixed Veggies Dinner Roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Country Fried Steak WW Macaroni & Cheese Green Beans Dinner Roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Chicken Cordon Bleu Au Gratin Potatoes Mixed Vegetables Dinner roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Meatloaf Mashed Potatoes Peas Dinner Roll Salad Bar Fruit Cup / Fresh Fruit	DINNER Spaghetti / Meatballs Garlic Bread Salad Bar Fruit Cup / Fresh Fruit	DINNER Orange Chicken White Rice Steamed Broccoli Salad Bar Fruit Cup / Fresh Fruit
OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit	OR PB&J Pack Salad Bar Fruit Cup / Fresh Fruit

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PB&J PACK
Sandwich
Cheese Stick
Cheeze-its

100% Fruit Juice

1% Milk
Skim Milk
Skim Chocolate Milk

WG Whole Grain
WW Whole Wheat