

Florence Crittenton Cafe Elizabeth
Week 1

MONDAY July 17, 2017	TUESDAY July 18, 2017	WEDNESDAY July 19, 2017	THURSDAY July 20, 2017	FRIDAY July 21, 2017	SATURDAY July 22, 2017	SUNDAY July 23, 2017
BREAKFAST WG Pancakes Sausage Sugar Free Syrup	BREAKFAST Bagels Cream Cheese Assorted Yogurt	BREAKFAST Scrambled Eggs w/ Cheese WW Toast	BREAKFAST Assorted Muffins Assorted Yogurts Cheese Sticks	BREAKFAST French Toast Sausage Links Sugar Free Syrup	BREAKFAST Ham, Egg & Cheese on a WW English Muffin	BREAKFAST Hard Boiled Egg WW Toast Sausage patty
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	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	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	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	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	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	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
LUNCH Beef Hot Dogs/ww Bun Baked Beans Carrots 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	LUNCH Lasagna Mixed Vegetable Roll 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	LUNCH Turkey Tacos Lettuce Tomato Refried Beans 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	LUNCH Sub w/ Lettuce /Tomato HAM TURKEY TUNA Potato Chips 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	LUNCH Pizza Carrot sticks 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	LUNCH Grilled Cheese WW Bread Tomato Soup 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	LUNCH Super Nachos Refried Beans 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 Spaghetti/ Meatballs Italian Vegetables Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Chicken Fricassee Over Rice Carrots Dinner Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Green Chili Tamales Refried Beans Brown Spanish Rice Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Chili Con Carne Corn Bread Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Beef Stroganoff Buttered Noodles Green Beans Dinner Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Hamburger French Fries Lettuce /Tomato Dinner Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Country Fried Steak Mashed Potatoes/gravy Mixed Vegetables Dinner Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

This institution is an equal opportunity provider.

PB&J PACK
Sandwich
Cheese Stick
Cheeze-its

100% Fruit Juice

1% Milk
Skim Milk
Skim Chocolate Milk

WG Whole Grain
WW Whole Wheat