

**SUMMER WEEK ONE**

EASTRIDGE

**BREAKFAST****LUNCH****SUPPER**

**S**  
**U** CREAM OF WHEAT  
**N** OR COLD CEREAL  
**D** BACON OR SAUSAGE PATTY  
**A** SCRAMBLED EGGS  
**Y** DONUT or RAISIN TOAST

ROAST BEEF / CHICKEN  
 MASHED POTATOES / GRAVY  
 CREAM CHEESE CORN  
 DINNER ROLL / MARGARINE  
 FRUIT PIE

PANCAKES  
 SAUSAGE PATTY  
 TOMATO JUICE  
 STRAWBERRY / BANANAS

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**M** OATMEAL  
**O** OR COLD CEREAL  
**N** HASHBROWNS  
**D** CHOICE EGG  
**A** TOAST OR COFFEE CAKE (CHERRY)  
**Y** BACON OR SAUSAGE PATTY

SWISS STEAK  
 BAKED POTATOES  
 GREEN BEANS  
 BREAD / MARGARINE  
 STRAWBERRY FLUFF

SLOPPY JOE ON BUN  
 TATOR TOTS  
 CREAMED CORN  
 COOKIE

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**T**  
**U** MALT O MEAL  
**E** OR COLD CEREAL  
**S** PANCAKES / TOAST  
**D** BACON OR SAUSAGE LINK  
**A** CHOICE EGG  
**Y**

PIZZA  
 SOUR CREAM MACARONI SALAD  
 DEVIL EGGS  
 COLESLAW  
 STRAWBERRY SHORTCAKE

VEGETABLE BEEF SOUP  
 CRACKERS  
 TURKEY / CHEESE SANDWICH  
 PEACHES

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**W** CREAM OF WHEAT  
**E** OR COLD CEREAL  
**D** CHOICE EGG  
**N** TOAST  
**E** BACON OR SAUSAGE PATTY  
**S** OMELET  
**D**  
**A**  
**Y**

CHICKEN PATTY ON BUN  
 RANCH PASTA SALAD  
 PICKLED BEETS  
 ICE CREAM

GOULASH  
 CARROTS  
 BREAD / MARGARINE  
 ROSY APPLESAUCE

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**T**  
**H** OATMEAL  
**U** OR COLD CEREAL  
**R** CHOICE EGG  
**S** BACON OR SAUSAGE LINK  
**D** TOAST OR MUFFIN  
**A**  
**Y**

FISH OR TACO SALAD  
 FRIED RICE  
 CREAMED PEAS  
 CREAM PUFF

TOMATO BASIL SOUP  
 GRILLED CHEESE SANDWICH  
 CRACKERS  
 WATERMELON

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**F** MALT O MEAL  
**R** OR COLD CEREAL  
**I** SAUSAGE GRAVY  
**D** BISCUIT OR TOAST  
**A** BACON OR SAUSAGE PATTY  
**Y**

POLISH SAUSAGE  
 MASHED POTATO  
 SAUERKRAUT  
 BREAD / MARGARINE  
 JELLO WITH APPLESAUCE

CHICKEN STRIPS  
 FRENCH FRIES  
 PICKLED BEETS  
 SHERBET

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**S**  
**A** OATMEAL  
**T** OR COLD CEREAL  
**U** BACON  
**R** FRENCH TOAST  
**D** SCRAMBLED EGGS  
**A**  
**Y**

TUNA NOODLE CASSEROLE  
 PEAS & CARROTS  
 BREAD / MARGARINE  
 JELLO POKE CAKE

HAMBURGER GRAVY  
 OVER BISCUIT  
 POTATO WEDGES  
 BROCCOLI AND CHEESE  
 ICE CREAM

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ONAGA WEEK 1: DATES: \_\_\_\_\_

SPRING SUMMER YEAR: 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Malt O Meal</li> <li>▪ Cold cereal</li> <li>▪ Scrambled Egg</li> <li>▪ Sausage</li> <li>▪ Monkey bread</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Oatmeal</li> <li>▪ Cold cereal</li> <li>▪ Scrambled Egg</li> <li>▪ Poached egg</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Cream of Wheat</li> <li>▪ Cold cereal</li> <li>▪ Breakfast casserole</li> <li>▪ Turkey sausage</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Malt O Meal</li> <li>▪ Cold cereal</li> <li>▪ Scrambled Egg</li> <li>▪ Sausage link</li> <li>▪ French toast</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Oatmeal</li> <li>▪ Cold cereal</li> <li>▪ Scrambled Egg</li> <li>▪ Omelet</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Cream of Wheat</li> <li>▪ Cold cereal</li> <li>▪ Scrambled Egg</li> <li>▪ Sausage gravy</li> <li>▪ Biscuit</li> <li>▪ Toast/marg</li> </ul>	<b>Breakfast</b> <ul style="list-style-type: none"> <li>▪ Raisin oatmeal</li> <li>▪ Cold cereal</li> <li>▪ Scrambled eggs</li> <li>▪ Bacon</li> <li>▪ Toast/marg</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Chicken fried chicken</li> <li>▪ Baked tilapia</li> <li>▪ Mashed pot/gravy</li> <li>▪ Corn casserole/plain corn</li> <li>▪ Dinner roll/marg</li> <li>▪ Pie</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Meatloaf</li> <li>▪ Specialty wrap or sandwich</li> <li>▪ Scalloped potatoes</li> <li>▪ Baked potato</li> <li>▪ Scandinavian veggies</li> <li>▪ Bread/marg</li> <li>▪ Strawberry delight</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Chicken taco/bowls</li> <li>▪ Roast beef &amp; Swiss</li> <li>▪ Wild rice</li> <li>▪ Carrots (RB &amp; pt's)</li> <li>▪ Black beans (cafeteria)</li> <li>▪ Pico de gallo (cafeteria) Salsa (RB)</li> <li>▪ Grilled corn (cafeteria)</li> <li>▪ Coleslaw</li> <li>▪ Bread/marg</li> <li>▪ Fruit</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Fish</li> <li>▪ Enchilada</li> <li>▪ Baked sweet potato</li> <li>▪ Broccoli</li> <li>▪ Marinated tomato salad</li> <li>▪ Bread/marg</li> <li>▪ Brownie</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Pizza</li> <li>▪ Turkey Salad on bread or bun</li> <li>▪ Lettuce salad</li> <li>▪ Cucumber, onion salad</li> <li>▪ Garlic bread</li> <li>▪ Fruit</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Beef tips</li> <li>▪ Boneless chicken wings</li> <li>▪ Mashed potatoes</li> <li>▪ Mixed veggies</li> <li>▪ Bread/marg</li> <li>▪ Cookie</li> </ul>	<b>Lunch</b> <ul style="list-style-type: none"> <li>▪ Pork meatballs</li> <li>▪ Scalloped potatoes</li> <li>▪ Baked potato/marg</li> <li>▪ Peas - creamed</li> <li>▪ Bread/marg</li> <li>▪ Watergate salad</li> </ul>
<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Turkey tetrazzini</li> <li>▪ Ham &amp; cheese sand</li> <li>▪ Peas</li> <li>▪ Bread/marg</li> <li>▪ Tapioca</li> <li>▪ Fruit</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Shrimp poppers</li> <li>▪ Grilled cheese</li> <li>▪ Tomato soup</li> <li>▪ Pasta salad</li> <li>▪ California veggies</li> <li>▪ Bread/marg</li> <li>▪ Fruit salad</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Salmon loaf</li> <li>▪ Bologna sandwich (redbud)</li> <li>▪ Mashed potatoes</li> <li>▪ Green beans</li> <li>▪ Cornbread muffin/marg</li> <li>▪ Cookie</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Hamburger</li> <li>▪ Tuna salad on lettuce</li> <li>▪ Potato wedges</li> <li>▪ Tomato/lettuce/onion/or lettuce salad</li> <li>▪ Baked beans</li> <li>▪ Bread/marg</li> <li>▪ Peaches</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Parmesan Tuscan chicken</li> <li>▪ Roast beef &amp; swiss sand.</li> <li>▪ Rice</li> <li>▪ Chips</li> <li>▪ Carrots</li> <li>▪ Bread/marg</li> <li>▪ Ice cream sand or ice cream</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Goulash</li> <li>▪ Green beans</li> <li>▪ breadstick/marg</li> <li>▪ Pudding</li> <li>▪ Fruit</li> </ul>	<b>Supper</b> <ul style="list-style-type: none"> <li>▪ Chicken &amp; rice casserole</li> <li>▪ Hot dogs (red bud)</li> <li>▪ Tator tots (RB only)</li> <li>▪ California veggies</li> <li>▪ Bread/marg</li> <li>▪ Cookie</li> <li>▪ Fruit</li> </ul>

FRUIT, MILK, JUICE, COFFEE, TEA IS AVAILABLE AT ALL MEALS; Dietary phone number – 889-4657 ext 4475; Itemized salad bar items Monday-Friday at noon meal only