

SUMMER WEEK THREE**EASTRIDGE****BREAKFAST**

S CREAM OF WHEAT
U OR COLD CEREAL
N BACON
D SCRAMBLED EGGS
A DONUTS
Y or RAISIN TOAST

LUNCH

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

SUPPER

HAM & POTATO CASSEROLE
 PEAS
 BREAD / MARGARINE
 PEACHES

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

LASAGNA
 GREEN BEANS
 GARLIC BREAD
 ANGEL FOOD CAKE W/ FRUIT TOPPING

HAMBURGER GRAVY ON
 BISCUITS
 MIXED VEGETABLES
 BREAD / MARGARINE
 CHOCOLATE PUDDING

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

CHEESEBURGERS
 POTATO SALAD
 BAKED BEANS
 DEVILED EGGS
 BREAD / MARGARINE
 CHERRY CRISP W/ WHIP TOPPING

POTATO SOUP
 TUNA SALAD SANDWICH
 CRACKERS
 BANANA HALF

W CREAM OF WHEAT
E OR COLD CEREAL
D CHOICE EGG
N TOAST
E BACON OR SAUSAGE PATTY
S EGG, SAUS / BACON,
D CHEESE MCMUFFIN
A
Y

BBQ BEEF ON BUN
 SWEET POTATOES
 PICKLED BEETS
 BREAD / MARGARINE
 ICE CREAM

CHILI DOG
 POTATO CHIPS
 ASPARAGUS
 SHERBET

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

TACO SALAD OR
 CHICKEN FRIED STEAK
 MASHED POTATOES / GRAVY
 CANDIED CARROTS
 BREAD / MARGARINE
 WHITE CAKE / WHITE FROSTING

CHICKEN STRIPS
 MACARONI AND CHEESE
 CREAMED CORN
 FRUIT COCKTAIL

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

MEATLOAF
 POTATO CASSEROLE
 COLESLAW
 COOKIES & CREAM BROWNIE

LITTLE SMOKIES IN CRESCENTS
 MACARONI SALAD
 SPINACH
 FRUIT

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

SPAGHETTI
 BRUSSEL SPROUTS
 GARLIC BREAD
 CHERRY BAR DESSERT

TATOR TOT CASSEROLE
 CORN
 BREAD / MARGARINE
 JELLO WITH BANANAS

Onaga WEEK 1: DATES: _____

SPRING SUMMER YEAR: 2021

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

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