

Menu Type: Mainline FY 2025

Weekly Menu

Date Range: 10/20/2024 to 11/2/2024

Week #: 2

Sunday (10/20/24)

BREAKFAST

- ♥Fruit
- ♥Hot Grits
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk
- ♥Coffee

LUNCH

- ♥Scrambled Eggs or # Peanut Butter
- ♥Oven Brown Potatoes Pancakes W/Syrup or
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Margarine Pat
- ♥Fruit Beverage

DINNER

- ♥Chicken Alfredo #or Tofu & Vegetables
- ♥Spaghetti Pasta
- ♥Green Peas
- ♥Whole Wheat Bread Beverage

Monday (10/21/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- ♥Chicken Tacos #or Chickpea Tacos
- ♥Cilantro Rice
- ♥Black Beans
- ♥WK Corn
- ♥Taco Shells (2)
- ♥Salsa
- ♥Fruit Beverage

DINNER

- Cheese Pizza #♥or Navy Beans
- ♥Pasta w/ Marinara
- ♥Garden Salad
- ♥Dressing, Asstd. Beverage

Tuesday (10/22/24)

BREAKFAST

- ♥Fruit
- ♥Bran Flakes Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- Chicken Patty Sandwich #♥or Chickpea Burger
- ♥Red Beans & Rice
- ♥Spinach
- ♥Lettuce/Tomato Mayonnaise
- ♥WW Hamburger Bun
- ♥Fruit or Dessert Beverage

DINNER

- Beef & Broccoli #♥ or Lentils
- ♥Steamed Rice
- ♥Green Beans
- ♥Whole Wheat Bread Beverage

Wednesday (10/23/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- ♥Hamburger #or Black Bean Burger
- French Fries or
- ♥Baked Potato
- ♥W/Margarine Pat
- ♥Lettuce/Tomato
- ♥Sliced Onions
- ♥Catsup & Mustard
- ♥WW Hamburger Bun
- ♥Fruit Beverage

DINNER

- ♥Yankton Tacos (Pork) #or Tofu Tacos
- ♥Cilantro Slaw
- Mexican Rice or
- ♥Steamed Rice
- ♥Black Beans
- ♥WK Corn Beverage

Thursday (10/24/24)

BREAKFAST

- ♥Fruit
- ♥Bran Flakes Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- Fried Chicken
- ♥or Baked Chicken
- #or PB & Jelly Sand (2)
- ♥Mashed Potatoes
- ♥Carrots
- Chicken Gravy
- ♥Whole Wheat Bread
- ♥Margarine Pat
- ♥Fruit or Dessert Beverage

DINNER

- ♥Cream of Potato Soup
- Chef Salad
- ♥#or Tofu Chef Salad
- ♥Beets (Cold)
- ♥Dressing, Asstd.
- ♥Whole Wheat Bread Beverage

Friday (10/25/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- Breaded Fish Sand or
- ♥Baked Fish
- #or Hummus
- ♥Cilantro Rice
- ♥Pinto Beans
- Tartar Sauce
- ♥WW Hamburger Bun
- ♥Fruit Beverage

DINNER

- Lasagna w/Meat #or ♥Pasta Fazool
- ♥Spinach
- ♥Garden Salad
- ♥Dressing, Asstd. Garlic Bread or
- ♥Whole Wheat Bread Beverage

Saturday (10/26/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk
- ♥Coffee

LUNCH

- ♥Scrambled Eggs or # Peanut Butter
- ♥Oven Brown Potatoes Cream Gravy
- Biscuits (2) or
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Fruit Beverage

DINNER

- ♥Chkn Breast Sandwich #or Hummus Wrap
- ♥Potato Salad
- ♥Green Beans
- ♥Lettuce/Tomato Mayonnaise
- ♥WW Hamburger Bun Beverage

#Indicates No Flesh Entrée Item

♥Indicates Heart Healthy

Menu Type: Mainline FY 2025

Weekly Menu

Date Range: 10/20/2024 to 11/2/2024

Week #: 3

Sunday (10/27/24)

BREAKFAST

- ♥Fruit
- ♥Hot Grits
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk
- ♥Coffee

LUNCH

- ♥Scrambled Eggs or # Peanut Butter
- ♥Oven Brown Potatoes Pancakes W/Syrup or
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Margarine Pat
- ♥Fruit Beverage

DINNER

- ♥Turkey Roast #or Navy Beans
- ♥Mashed Potatoes
- ♥Carrots
- Brown Gravy
- ♥Whole Wheat Bread Beverage

Monday (10/28/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- Buffalo Chicken Wrap
- ♥or Chicken & Veggies #or Buffalo Tofu Wrap Ranch
- Potato Chips or
- ♥or Baked Potato
- ♥W/Margarine Pat
- ♥Coleslaw
- ♥Fruit Beverage

DINNER

- ♥Chili #or Three Bean Chili
- ♥Steamed Rice
- ♥Mixed Vegetables
- Cornbread or
- ♥Whole Wheat Bread
- ♥Margarine Pat Beverage

Tuesday (10/29/24)

BREAKFAST

- ♥Fruit
- ♥Bran Flakes
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- ♥Chkn Breast Sandwich #or Chickpea Burger
- ♥Garlic Macaroni
- ♥Green Peas
- ♥Lettuce/Tomato Mayonnaise
- ♥WW Hamburger Bun
- ♥Fruit or Dessert Beverage

DINNER

- ♥Pepper Steak
- #or Lentils
- ♥Steamed Rice
- ♥Green Beans
- ♥Whole Wheat Bread Beverage

Wednesday (10/30/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- ♥Hamburger
- ♥or Black Bean Burger
- French Fries or
- ♥Baked Potato
- ♥W/Margarine Pat
- ♥Lettuce/Tomato
- ♥Sliced Onions
- ♥Catsup & Mustard
- ♥WW Hamburger Bun
- ♥Fruit Beverage

DINNER

- ♥Hot Grits
- ♥Scrambled Eggs or # Peanut Butter
- ♥Oven Brown Potatoes
- Cream Gravy
- Biscuits (2) or
- ♥Whole Wheat Bread and ♥Jelly (2) Beverage

Thursday (10/31/24)

BREAKFAST

- ♥Fruit
- ♥Bran Flakes
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- BBQ Chicken
- ♥or Baked Chicken
- #or PB & Jelly Sand (2)
- Macaroni & Cheese or
- ♥Garlic Macaroni
- ♥Mixed Vegetables
- ♥Whole Wheat Bread
- ♥Fruit or Dessert Beverage

DINNER

- ♥Chicken Alfredo
- #or Tofu & Vegetables
- ♥Spaghetti Pasta
- ♥Green Peas
- ♥Whole Wheat Bread Beverage

Friday (11/01/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk

LUNCH

- ♥Baked Fish
- #or Black Beans
- ♥Rice Pilaf
- ♥Spinach
- ♥Coleslaw
- Tartar Sauce
- ♥Whole Wheat Bread
- ♥Fruit Beverage

DINNER

- ♥Black Bean Soup
- ♥Beef Taco Salad
- #or Soy Taco Salad
- Shredded Cheese
- ♥Salsa Beverage

Saturday (11/02/24)

BREAKFAST

- ♥Fruit
- ♥Hot Oatmeal
- Breakfast Cake
- ♥Whole Wheat Bread and ♥Jelly (2)
- ♥Sugar Substitute Pks
- ♥Margarine Pat
- ♥Skim Milk
- ♥Coffee

LUNCH

- ♥Chicken Fajita
- #or Tofu Fajita
- ♥Cilantro Rice
- ♥Black Beans
- ♥WK Corn
- ♥Salsa
- ♥Fruit Beverage

DINNER

- ♥Roast Beef
- #or Lentils
- ♥Mashed Potatoes
- ♥Mixed Vegetables
- Brown Gravy
- ♥Whole Wheat Bread
- ♥Margarine Pat Beverage

#Indicates No Flesh Entrée Item

♥Indicates Heart Healthy