

Continental

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
^Fresh Apple	^Fresh Orange	^Fresh Apple	^Fresh Banana	^Fresh Grapefruit	^Fresh Banana	^Fresh Orange
^Dry Cereal	^Hot Oatmeal	^Hot Grits	^Dry Cereal	^Hot Grits	^Hot Oatmeal	^Dry Cereal
Breakfast Cake or	Breakfast Cake or	Breakfast Cake or	Breakfast Cake or	Breakfast Cake or	Breakfast Cake or	Breakfast Cake or
^Whole Wheat Bread	^Whole Wheat Bread	^Whole Wheat Bread	^Whole Wheat Bread	^Whole Wheat Bread	^Whole Wheat Bread	^Whole Wheat Bread
^Margarine Pat	^Margarine Pat	^Margarine Pat	^Margarine Pat	^Margarine Pat	^Margarine Pat	^Margarine Pat
^Skim Milk	^Skim Milk	^Skim Milk	^Skim Milk	^Skim Milk	^Skim Milk	^Skim Milk
Coffee						Coffee

Continental and Hot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
^Fresh Apple	^Fresh Orange	^Fresh Apple	^Fresh Banana	^Fresh Grapefruit	^Fresh Banana	^Fresh Orange
^Dry Cereal	^Hot Oatmeal	^Hot Grits	^Dry Cereal	^Hot Grits	^Hot Oatmeal	^Dry Cereal
Breakfast Cake or	Creamed Beef	Breakfast Cake or	Pancakes	Breakfast Cake or	French Toast	Breakfast Cake or
^Whole Wheat Bread	Home Fried Potatoes or	^Whole Wheat Bread	W/ Syrup or	^Whole Wheat Bread	W/ Syrup or	^Whole Wheat Bread
^Margarine Pat	^HH Boiled Potatoes	^Margarine Pat	^Whole Wheat Bread	^Margarine Pat	^Whole Wheat Bread	^Margarine Pat
^Skim Milk	Biscuits or	^Skim Milk	^Margarine Pat	^Skim Milk	^Margarine Pat	^Skim Milk
Coffee	^Whole Wheat Bread		^Skim Milk		^Skim Milk	Coffee
	^Margarine Pat					
	^Skim Milk					

Hot

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
^Fresh Apple	^Fresh Orange	^Fresh Apple	^Fresh Banana	^Fresh Grapefruit	^Fresh Banana	^Fresh Orange
^Dry Cereal	^Hot Oatmeal	^Hot Grits	^Dry Cereal	^Hot Grits	^Hot Oatmeal	^Dry Cereal
Breakfast Cake or	Creamed Beef	French Toast	Pancakes	Scrambled Eggs	French Toast	Breakfast Cake or
^Whole Wheat Bread	Home Fried Potatoes or	W/ Syrup or	W/ Syrup or	Hash Brown Potatoes or	W/ Syrup or	^Whole Wheat Bread
^Margarine Pat	^HH Boiled Potatoes	^Whole Wheat Bread	^Whole Wheat Bread	^HH Boiled Potatoes	^Whole Wheat Bread	^Margarine Pat
^Skim Milk	Biscuits or	^Margarine Pat	^Margarine Pat	^Whole Wheat Bread	^Margarine Pat	^Skim Milk
Coffee	^Whole Wheat Bread	^Skim Milk	^Skim Milk	^Margarine Pat	^Skim Milk	Coffee
	^Margarine Pat			^Skim Milk		
	^Skim Milk					