

# menu



## breakfast

waffles & boiled eggs  
oatmeal, grits, variety of cold cereals  
toast with butter, jelly  
yogurt  
orange, prune & cranberry juices  
coffee, tea, milk & water

### MORNING SNACK

blueberry muffin & fresh fruit

## lunch

oven fried chicken or meatloaf  
steamed rice  
green beans  
tossed salad  
coffee, tea, milk & water  
dessert of the day

### AFTERNOON SNACK

½ tuna sandwich with lettuce & tomato

## dinner

vegetable soup  
baked spaghetti  
tossed salad  
coffee, tea, milk & water  
assorted desserts  
or alternative menu (see below)

### EVENING SNACK

variety of crackers, cookies or ½ turkey sandwich

## alternative menu

chicken salad sandwich  
tuna salad sandwich  
sliced chicken sandwich  
roast beef sandwich  
pimento cheese sandwich  
peanut butter jelly sandwich  
All sandwiches served with lettuce, tomato & pickle

cottage cheese fruit plate with crackers  
tossed salad  
potato salad or chips  
iced tea, lemonade

