

**Elizabeth Perry Rushton CDC
Weekly Menu**

Order Menu #1

February 13, 2012	February 14, 2012	February 15, 2012	February 16, 2012	February 17, 2012
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
English Muffin	Pancakes and Syrup	Eggs	Cereal	Cheese Toast
w/ jelly	oranges	Toast	Honey Dew melon	Pineapple
Peaches	Milk	Milk	Milk	Milk
Milk				
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Broccoli cheese soup	Baked Fish	Baked Chicken	Spaghetti w/ meat sauce	Roasted Turkey
Grilled Cheese	Steamed Rice	Potato Meledy	Tossed Salad	Spinach
pears halves	Green Peas	Broccoli	W/ Dressing on Side	Sweet Potatoes
milk	Mandarin Oranges	Cantaloupe Slices	Sliced Peaches	Honey Dew Melon
water	WW Roll	Milk	WW Rolls	Milk
	Milk	Water	Milk	Water
	Water		Water	
Snack:	Snack:	Snack:	Snack:	Snack:
Strawberries	Cheese slices	Pudding	Graham Crackers	Yogurt
Fig Newtons	crackers	Oatmeal Cookie	Strawberry Cream Cheese	Strawberries
milk	Cranberry juice	milk	Orange Juice	milk

Order Menu #2

February 20, 2012	February 21, 2012	February 22, 2012	February 23, 2012	February 24, 2012
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Cereal	Bagels	Blueberry Muffins	Pancakes and Syrup	Grits
Strawberries	Cream Cheese	Stewed Apples	Bananas	Toast
Milk	Jelly	Milk	Milk	Eggs
	Milk			Milk
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Chicken & Rice	Beef A Roni & Sauce	Turkey Sandwich	Baked Chicken	Cheese Ravioli & Sauce
Tropical fruit	Broccoli	w/mayo	Mashed Potatoes	Salad w/ Ranch
Green Peas	Orange Wedges	Veggie Soup	Cornbread	Pears
WW Roll	Bread Sticks	Stawberries	Peaches	Bread stick
Milk	Milk	milk	Milk	Milk
Water	Water	water	Water	Water
				Snack
Snack:	Snack:	Snack:	Snack:	Bananas
Oatmeal Cookies	Cracker	Cheese Slices	Cantaloupe	Fig newton
Cantaloupe	Soy Butter	Crackers	Vanilla Wafers	Milk
Milkpeanut Butter substitute	Cranberry Juice	Milk	
	Milk			

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Order Menu #3

February 27, 2012	February 28, 2012	February 29, 2012	March 1, 2012	March 2, 2012
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Muffins	Biscuits	Ham	Cereal	Cheese Toast
Applesauce	Sausage and Jelly	Eggs	Strawberries	Pineapple Rings
Milk	Milk	Toast	Milk	Milk
		Milk		
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Meat Loaf	Mac N Cheese	Pork Roast	BBQ Chicken	Salisbury Steakw/Gravy
with Ketchup	Corn	Black eye peas	Baked Beans	Rice
Scalloped Potatoes	Green Beans	collard greens	Mashed potatoes	Green Beans
Lima Beans	Peaches	Strawberries	Stewed Apples	Oranges
Pears	WW Roll	corn bread	Water	Milk
Milk	Milk	Milk	Milk	Water
Water	Water	Water		
Snack:	Snack:	Snack:	Snack:	Snack:
Cheese Slices	Whl grain pop tarts	Cottage Cheese	Graham Crackers	Yogurt
Apples	Honey Dew Melon	Pears	Straw Cream Cheese	Honey Dew melon
Apple Juice	Apple juice	Orange Juice	Milk	Apple Juice