

Elizabeth Perry Rushton CDC
Weekly Menu

Order Menu #1

July 7, 2008	July 8, 2008	July 9, 2008	July 10, 2008	July 11, 2008
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Scrambled Eggs	Pancakes	Toasted English Muffin	Cereal	Cheese Toast
Toast	Orange Wedges	w/ jelly	Banana 1/2	Pineapple Rings
Milk	Milk	Peaches	Milk	Milk
		Milk		
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Grilled Chicken	Roast Pork	Spaghetti w/ meat sauce	Roast Turkey	BBQ Pork
Mashed Potatoes	Black-Eyed Peas	Tossed Salad	Sw Potatoes	Baked Beans
Carrot Coins	Collard Greens	W/ Dressing on Side	Creamed Spinach	Hamburger Bun
WW Roll	Corn Bread	Cantaloupe Slices	WW Roll	Pears
Peaches	Fresh Strawberries	WW Rolls	Orange Wedges	Milk
Milk	Milk	Milk	Milk	Water
Water	Water	Water	Water	
Snack:	Snack:	Snack:	Snack:	Snack:
Orange Wedges	Cheese Slice	Strawberry Cream Cheese	Carrot sticks	Bananas
Nutri Grain Bar	Crackers	Graham Crackers	Ranch Dressing	Vanilla Wafers
Grape Juice	Apple Juice	Milk	Milk	Milk

Order Menu #2

July 14, 2008	July 15, 2008	July 16, 2008	July 17, 2008	July 18, 2008
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Fresh Fruit Salad	Bagels	Blue Berry Muffins	Apple Juice	Pancakes
Cereal	Cream Cheese	Stewed Apples	Scrambled Eggs	Canned sliced apples
Milk	Jelly	Milk	Grits	Milk
	Milk		Toast	
			Milk	
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Beef Stew or Veg. Barley	Baked Chicken 1/4	Ravioli & Sauce	Salisbury Steaks w/ Gravy	Baked Fish
Grilled Cheese Switch	Mashed Potatoes	Salad / w dressing on side	Scalloped Potatoes	Steamed Rice
Pear Halves	Broccoli	Garlic Bread	Green Beans	Green Peas
Milk	Corn Bread	Pears	Pineapple	WW Rolls
Water	Sliced peaches	Milk	Milk	Mandarin Oranges
	Milk	Water	Water	Milk
	Water		Water	Water
Snack:	Snack:	Snack:	Snack:	Snack:
Vanilla Wafers	Cheese Slice	Goldfish	Honeydew Melon	Cantaloupe Slices
Milk	Crackers	Applesauce	Vanilla Wafers	Graham Crackers
	Grape Juice	Orange Juice	Milk	Grape Juice

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Order Menu #3

July 21, 2008	July 22, 2008	July 23, 2008	July 24, 2008	July 25, 2008
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Ham	Banana Bread Muffins	Biscuits	Grape Juice	Cheese Toast
Eggs	Applesauce	Sausage	Cold Cereal	Pineapple Rings
Toast	Milk	Milk	Strawberries	Milk
Milk			Milk	
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Chicken & Rice	BBQ Chicken Legs	Turkey Sandwich	Beef A Roni	Mac N Cheese
Fruit Salad	Green Beans	Small Bowl of Veg Soup	Steamed Broccoli	Corn
Green Peas	Mashed Potatoes	(In Season) Fresh Fruit	WW Roll	Green Beans
WW Roll	Pears	Milk	Cantaloupe Slices	Pears
Milk	Milk	Water	Milk	WW Roll
Water	Water		Water	Milk
				Water
Snack:	Snack:	Snack:	Snack:	Snack:
Graham Crackers	Yogurt		Apples	1/2 Banana
& Straw. Cream Chee	Honeydew Melon	Pears & Cottage Cheese	& Cheese	Graham Crackers
Grape Juice	Apple Juice	Orange Juice	Apple Juice	Milk