



Weekly Menu

Ferry County Health



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Ham and Cheese Omelet Hash Browns Seasonal Fresh Fruit 100% Juice Whole Grain Toast	Eggs (Chef's Choice) Chicken Sausage Links Seasonal Fresh Fruit 100% Juice English Muffin	Breakfast Sausage Casserole Seasonal Fresh Fruit 100% Juice Whole Grain Toast	Texas French Toast Sausage Link Seasonal Fresh Fruit 100% Juice	Bacon and Egg Muffin Yogurt Seasonal Fresh Fruit 100% Juice	Sausage Scramble Hash Browns Seasonal Fresh Fruit 100% Juice Whole Grain Toast	Baked Oatmeal with Cinnamon Apples Eggs (Chef's Choice) Seasonal Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Herb Grilled Chicken Seasoned Rice Lemon Pepper Green Beans Blueberry Cobbler	Green Salad Pork Cutlet with Gravy Roasted Yams Seasoned Broccoli Pumpkin Pie	Green Salad Salisbury Steak with Brown Sauce Herb Mashed Potatoes Buttery Carrots Butter Pecan Cake	Green Salad Roasted Chicken Thigh Parmesan Pasta Yellow Squash and Onions Peanut Butter Pie	Green Salad Sour Cream Crusted Fish Lemon Chive Rice Sauteed Spinach Orange Sherbet Dish	Green Salad Traditional Lasagna Chef's Steamed Vegetable Garlic Bread Eclair Pudding Dessert	Green Salad Glazed Baked Ham Fresh Cooked Yams Braised Cabbage Baked Roll Homemade Carrot Cake
D I N N E R	Baked Spaghetti Herb Roasted Vegetables Seasonal Fresh Fruit	Creamy Tomato Basil Soup Grilled Cheese Sandwich Mixed Vegetables Seasonal Fresh Fruit	Roasted Shrimp and Vegetables Basmati Rice Seasonal Fresh Fruit	Cream of Cauliflower Soup Cobb Salad Sandwich Seasonal Fresh Fruit	Pepperoni Pizza Light Caesar Salad Parmesan Breadsticks Seasonal Fresh Fruit	Slow Cooked BBQ Chicken Sandwich Oven Roasted Broccoli Tater Tots Seasonal Fresh Fruit	Green Pea Soup Open Face Turkey Sandwich California Blend Seasonal Fresh Fruit
Milk offered at every meal							Week 1