



Weekly Menu

Ferry County Health



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Brown Sugar French Toast Breakfast Ham Seasonal Fresh Fruit 100% Juice	English Muffin Breakfast Sandwich Yogurt Seasonal Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns Seasonal Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Sausage Link Seasonal Fresh Fruit 100% Juice	Sausage Country Gravy on Easy Biscuits Eggs (Chef's Choice) Seasonal Fresh Fruit 100% Juice	Cold Cereal Eggs (Chef's Choice) Seasonal Fresh Fruit 100% Juice Whole Grain Toast	Ham and Cheese Frittata Seasonal Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Herb Baked Chicken Confetti Rice Pilaf Parmesan Asparagus Peach Cobbler	Green Salad Swiss Steak and Tomatoes Smashed Red Potatoes Oven Roasted Cauliflower Glazed Pumpkin Cake	Green Salad Beef Patty with Mushroom Sauce Roasted Potato Medley Peas and Onions Chocolate Trifle	Green Salad Smothered Chicken Breasts Penne Pasta Garlic Green Beans Fresh Lemon Bars	Green Salad Parmesan Herb Crusted Tilapia Parsley Rice Chef's Steamed Vegetable Coconut Custard Pie	Green Salad Glazed Meatloaf O'Brien Potatoes Roasted Squash Pear Crisp	Green Salad Crispy Fried Chicken Roasted Smashed Potatoes Mixed Vegetables Chocolate Cream Pie
D I N N E R	Italian Vegetable Soup Cheese Tortellini with Basil Cream Sauce Green Beans Italian Seasonal Fresh Fruit	King Ranch Chicken Casserole Seasoned Zucchini Simple Pinto Beans Seasonal Fresh Fruit	Creamy Butternut Squash Soup Tuna Melt Grapes Dill Cucumbers	Shepherd's Pie with Gravy Baked Roll Herb Sautéed Vegetables Peaches	Cream of Broccoli Soup Classic Chicken Salad Sandwich Tomato Wedges Seasonal Fresh Fruit	Pork and Sausage Jambalaya Cinnamon Stewed Apples Southern Vegetable Salad Seasonal Fresh Fruit	Creamy Tomato Basil Soup Grilled Cheese Sandwich Mandarin Oranges Waldorf Green Salad
Milk offered at every meal							Week 3