



Weekly Menu

Ferry County Health



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Waffles Sausage Link Seasonal Fresh Fruit 100% Juice	Fried Egg, Ham and Cheese Croissant Seasonal Fresh Fruit 100% Juice	French Texas Toast Bake Breakfast Ham Seasonal Fresh Fruit 100% Juice	Orange Cranberry Muffin Eggs (Chef's Choice) Seasonal Fresh Fruit 100% Juice	Maple Bacon Casserole Yogurt Seasonal Fresh Fruit 100% Juice	Blueberry Pancakes Sausage Link Seasonal Fresh Fruit 100% Juice	Carrot Cake Baked Oatmeal Eggs (Chef's Choice) Seasonal Fresh Fruit 100% Juice
L U N C H	Green Salad Hunter's Chicken Baked Potato Garlic Spinach Spice Cake	Green Salad Beef Tips in Gravy Noodles California Blend Baked Roll Apple Crumble	Green Salad Turkey Roast with Stuffing Green Bean Casserole Perfect Pumpkin Cheesecake Bars	Green Salad Baked Ham AuGratin Potatoes Roasted Cabbage Coconut Cake	Green Salad Sweet Sour Meatballs Rice Steamed Broccoli Fruit Cobbler	Green Salad Chicken with Creamy Gravy Long Grain Wild Rice Pilaf Peas and Mushrooms Caramel Cake	Green Salad Turkey Casserole Glazed Baby Carrots Cornbread Fresh Banana Cream Pie
D I N N E R	Fish and Chips Coleslaw Seasonal Fresh Fruit	Cream of Mushroom Soup Chicken Caesar Salad Mozzarella Garlic Bread Seasonal Fresh Fruit	Beef Enchilada Zucchini Corn Saute Seasonal Fresh Fruit	Herbed Butternut Squash Soup Grilled Ham and Swiss Sandwich Capri Blend Seasonal Fresh Fruit	Baked Lemon Pepper Salmon Classic Mashed Potatoes Seasoned Broccoli Seasonal Fresh Fruit	Vegetable Barley Soup Homemade Cheese Pizza Chopped Salad with Garlic Dressing Seasonal Fresh Fruit	Chicken Fajita Grilled Mixed Vegetables Refried Beans Seasonal Fresh Fruit
Milk offered at every meal							Week 4