

# Cycle A

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Grape Juice or Apple Juice  Oatmeal or Cold Cereal  Scrambled Egg w/ cheese Bacon  Cinnamon Roll w/ marg or Toast / jelly	Orange Juice or Grape Juice  Cream of Wheat or Cold Cereal  Baked Egg Bacon Toast / jelly	Cranberry Juice or Apple Juice  Malt-o-Meal Or Cold Cereal  Omelet Sausage Links  Toast / jelly	Orange Juice or Apple Juice  Oatmeal or Cold Cereal  Poached Egg Bacon  Toast / jelly	Cranberry Juice or Grape Juice  Cream of Wheat Or Cold Cereal  Boiled Egg Bacon  Toast / jelly	Orange Juice or Cranberry Juice  Malt-o-Meal or Cold Cereal  Fried Egg Sausage Links  Cinnamon Roll w/ marg or Toast / jelly	Grape Juice or Apple Juice  Oatmeal or Cold Cereal  Omelets Bacon  Toast / jelly	Orange Juice or Grape Juice  Cream of Wheat Or Cold Cereal  Scrambled Egg w/ Ham  Toast / jelly	Cranberry Juice or Apple Juice  Malt-o-Meal or Cold Cereal  Poached Egg Bacon  Pancakes / Syrup or Toast / jelly	Orange Juice or Apple Juice  Cream of Wheat Or Cold Cereal  Boiled Egg Bacon  Toast / jelly
Baked Chicken  Mash Potato / Gravy  Scalloped Corn  Cranberry Sauce  Bread Basket / margarine  Choc Pudding w/ topping	Pot Roast  Mashed Potato w/ Gravy  Roasted Carrots  Sliced Radish Garnish  Bread Basket / margarine  Ice Cream	Hamburger Steak  Mashed Potato w/ Gravy  Green & Gold Beans  Apple Ring  Bread Basket / Margarine  Applesauce	Liver & Onions  Boiled Potato  Creamed Peas  Bread Basket / Margarine  Blueberry Whip	Fisherman Platter  Baked Potato w/ sour cream & shredded cheese  Broccoli  Tartar Sauce  Bread Basket / Margarine  Lemon Pudding	Pork Loin w/ Gravy  Seasoned Potato  Cream Cabbage  Apple Ring Garnish  Bread Basket / Margarine  Cookie	Turkey Roast  Bread Dressing w/ Gravy  Corn  Cranberry Sauce Garnish  Bread Basket / Margarine  Pear Sauce	BBQ Ribs  Baked Potato w/ sour cream & shredded cheese  Peas  Bread Basket / Margarine  Fresh Fruit	Lasagna  Tossed Salad  Bread Stick  Pineapple Ring  Bread Basket / Margarine  Apricot Sauce	Ham  Hashbrown Bake  Cheesy Broccoli  Pineapple Ring  Bread Basket / Margarine  Fruited Gelatin
Pizza  Tossed Salad    Fruit Salad	Tuna Noodle Casserole  Mixed Vegetable  Beet Pickles  Baking Powder Biscuit  Frosted Cake	Pancakes/ syrup  2 Eggs  Assorted Juice  Fresh Fruit	Chicken Frito Pie  Veggie Tray  French Bread  Cream Pie	Scalloped Potato & Ham  Glazed Carrots  Beet Pickle Garnish  Dinner Roll  Frosted Brownie	Hamb Goulash  3 Bean Salad  Dinner Roll  Strawberry Shortcake	Ham & Cheese Sandwich  Veg Beef Soup  Pickle Spear  Asst. Fruit Pie w/topping	Tator Tot Hotdish  Green Beans  Tomato Garnish  Dinner Roll  Ice Cream	Chicken Strips w/ dipping sauce  French Fries  Sweet Pickles  Dinner Roll  Fruit Crisp w/ topping	Pulled Meat on Bun  Potato Soup  Pickle Spear  ½ Apple Tart

\* All meals served with milk, coffee and cold water

# Cycle B

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice	Cranberry Juice or Grape Juice	Orange Juice or Cranberry Juice	Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice
Oatmeal or Cold Cereal	Cream of Wheat or Cold Cereal	Malt-o-Meal Or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Cream of Wheat Or Cold Cereal
Scrambled Egg w/ cheese Bacon	Baked Egg Bacon Toast / jelly	Omelet Sausage Links Toast / jelly	Poached Egg Bacon Toast / jelly	Boiled Egg Bacon Toast / jelly	Fried Egg Sausage Links Cinnamon Roll w/ marg or Toast / jelly	Omelets Bacon Toast / jelly	Scrambled Egg w/ Ham Toast / jelly	Poached Egg Bacon Pancakes or Toast / jelly	Boiled Egg Bacon Toast / jelly
Cinnamon Roll w/ marg or Toast / jelly									
BBQ Chicken	Pot Roast	Swedish Meatballs	Grilled Steak	Tuna Loaf w/ Dill Sauce	Pork Loin w/ Gravy	Turkey Roast	Ring Bologna & Sauerkraut	Beef Stew	Ham w/ Cherry Sauce
Potato Salad	Mashed Potato w/ Gravy	Mashed Potato w/ Gravy	Lyonnaise Potato	Baked Potato w/ sour cream & shredded cheese	Seasoned Potato	Mashed Potato w/ Gravy	Boiled Potato	Cottage Cheese	Cheesy Potato Casserole
Baked Beans	Roasted Carrots	Green Beans	Beets	Broccoli	Stewed Tomatoes	Squash	Peas	French Bread / Margarine	Sweet Potato Bake
Bread Basket / margarine	Sliced Radish Garnish Bread Basket / margarine	Bread Basket / Margarine	Bread Basket / Margarine	Bread Basket / Margarine	Sliced Onion Garnish Bread Basket / Margarine	Cranberry Garnish Bread Basket / Margarine	Bread Basket / Margarine		Bread Basket / Margarine
Peach Sauce	Whipped Gelatin	Chocolate Pudding	Cookie	Ice Cream	Peach Sauce	Pear Sauce	Fresh Fruit	Apricot Sauce	Ice Cream
Rib Patty on Bun	Grilled Cheese	Sausage Gravy Over Biscuits	Pancakes/syrup	Chicken Dressing Hotdish	Hamb Noodle Hotdish	Chili w/ Shredded Cheese	Macaroni & Cheese	Chicken Noodle Hotdish	Sloppy Joe on a bun
Garden Pasta Salad	Tomato Soup	Veggie Tray	Eggs	Cole Slaw	Corn	Veggie Tray	Green Beans	Creamy Cucumber Salad	Baked Beans
Beet Pickles	Pickle Spear		Assorted Juice	Cherry Tomatoes	Apple Ring	Cornbread	Dinner Roll	Apple Ring	Pickle Spear
					Dinner Roll			Bread Stick	
Ice Cream	Lemon Cake	Fresh Fruit	Rosy Applesauce	Frosted Brownie	Cream Pie	Pistachio Dessert	Ice Cream Novelty	Fruit Crisp w/ topping	Fruited Gelatin

\* All meals served with milk, coffee and cold water

# Cycle C

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice	Cranberry Juice or Grape Juice	Orange Juice or Cranberry Juice	Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice
Oatmeal or Cold Cereal	Cream of Wheat or Cold Cereal	Malt-o-Meal Or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Cream of Wheat Or Cold Cereal
Scrambled Egg w/ cheese Bacon	Baked Egg Bacon Toast / jelly	Omelet Sausage Links Toast / jelly	Poached Egg Bacon Toast / jelly	Boiled Egg Bacon Toast / jelly	Fried Egg Sausage Links Cinnamon Roll w/ marg or Toast / jelly	Omelets Bacon Toast / jelly	Scrambled Egg w/ Ham Toast / jelly	Poached Egg Bacon Waffles or Toast / jelly	Boiled Egg Bacon Toast / jelly
Cinnamon Roll w/ marg or Toast / jelly									
Chicken Enchilada Bake	Pot Roast	Meatloaf	Swiss Steak	Lemon Pepper Fish	Pork Chop in Gravy	Turkey Roast	BBQ Ribs	Beef Kraut Casserole	Ham
Corn	Mashed Potato w/ Gravy	Mashed Potato w/ Gravy	Boiled Potato	Baked Potato	Mashed Potato	Bread Dressing w/ Gravy	Baked Potato	Tossed Salad	Scalloped Potato
Cranberry Sauce Garnish	Creamed Carrots	Green Bean Cass.	Creamed Peas	Broccoli	Mixed Vegetable	Cheesy Cauliflower	Peas	Apple Ring	Sweet Potato Bake
Bread Stick	Sliced Radish Garnish	Tomato Garnish	Bread Basket / Margarine	Tartar Sauce	Apple Ring Garnish	Cranberry Sauce	Beet Pickle	Bread Stick	Pineapple Ring Garnish
	Bread Basket / margarine	Bread Basket / Margarine		Bread Basket / Margarine	Bread Basket / Margarine	Bread Basket / Margarine	Bread Basket / Margarine		Bread Basket / Margarine
Peach Sauce	Apricot Sauce	Cookie	Ice Cream	Fresh Fruit	Rice Pudding w/ topping	Pear Sauce	Mandarin Oranges	Applesauce	Cookie
Egg Salad Sandwich	Tator Tot Hotdish	French Toast	Turkey Rice Hotdish	Scalloped Potato & Ham	Rice Krispie Casserole	Hotdog on a Bun	Spaghetti w/ Meat Sauce	Salmon Salad on Bun	Philly Steak on Hoagie Bun
Chicken Noodle Soup	3 Bean Salad	Eggs	Beets	Squash	Glazed Carrots	Baked Beans	Corn	Chicken Noodle Soup	Split Pea Soup
Pickle Garnish	Beet Pickles	Orange Slice Garnish	Dinner Roll	Apple Ring	Pickled Beet Garnish	Pickle Relish Garnish	French Bread	Pickle Spear	Sweet Pickles
	Dinner Roll			Dinner Roll	Dinner Roll				
Fresh Fruit	Frosted Cake	Fruit Salad	Frosted Brownie	Fruit Cocktail	Gelatin Jewels w/ topping	Assorted Pie	Ice Cream Novelty	Rhubarb Crisp w/ topping	Fruited Gelatin w/ topping

\* All meals served with milk, coffee and cold water

# Cycle D

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice	Cranberry Juice or Grape Juice	Orange Juice or Cranberry Juice	Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice
Oatmeal or Cold Cereal	Cream of Wheat or Cold Cereal	Malt-o-Meal Or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Cream of Wheat Or Cold Cereal
Scrambled Egg w/ cheese Bacon	Baked Egg Bacon Toast / jelly	Omelet Sausage Links Toast / jelly	Poached Egg Bacon Toast / jelly	Boiled Egg Bacon Toast / jelly	Fried Egg Sausage Links Cinnamon Roll w/ marg or Toast / jelly	Omelets Bacon Toast / jelly	Scrambled Egg w/ Ham Toast / jelly	Poached Egg Bacon French Toast or Toast / jelly	Boiled Egg Bacon Toast / jelly
Cinnamon Roll w/ marg or Toast / jelly									
Baked Chicken	Pot Roast	Porcupine Meatballs	Chicken Stir Fry w/ Soy Sauce Rice Egg Roll	Fisherman Platter	Pork Loin w/ Gravy	Turkey Roast	Ring Bologna	Lasagna	Ham w/ Cherry Sauce
Potato Salad	Mashed Potato w/ Gravy	Mashed Potato w/ Gravy		Baked Potato w/ sour cream & shredded cheese	Seasoned Potato	Mashed Potato w/ Gravy	Boiled Potato	Corn	Cheesy Potato Casserole
Cream Cabbage	Roasted Carrots	Green Bean Bake		Mixed Vegetable		Squash	Green Beans	Garlic Toast	Veggie Tray
Bread Basket / margarine	Sliced Radish Garnish	Cherry Tomatoes		Beets	Beet Pickle	Cranberry Sauce Garnish	Sauerkraut Garnish		
	Bread Basket / margarine	Bread Basket / Margarine		Tartar Sauce Garnish	Bread Basket / Margarine	Bread Basket / Margarine	Bread Basket / Margarine		Bread Basket / Margarine
				Bread Basket / Margarine					
Peach Sauce	Fresh Fruit	Applesauce	Fruit Salad	Ice Cream	Pear Sauce	Fresh Fruit	Cookie	Apricot Sauce	Fruited Gelatin w/ topping
Hamb Macaroni Hotdish	Grilled Cheese	Pizza	Hamburger on Bun	Pancakes/syrup	Hotdog on Bun	Egg Salad Sandwich	Taco Casserole	Tuna Salad on Bread	Sloppy Joe on a bun
Peas	Tomato Soup w/ sour cream & parsley	Tossed Salad	Onion Slice	Eggs	Baked Beans	Garden Pasta Salad	Bread Stick	Wisconsin Cheese Soup	Tomato/Cucumber Salad
Garlic Toast	Pickle Spear		French Fries	Assorted Juice	Sauerkraut Garnish	Pickle Spear	Lettuce Garnish	Pickle Spear	Sweet Pickles
			Pickle	Sliced Orange Garnish					
Tapioca Pudding w/ topping	Frosted Brownie	Ice Cream Novelty	Orange Whip	Rosy Applesauce	Blueberry Pudding Dessert	Asst Fruit Pie w/ topping	Glorified Rice Pudding	Fruit Crisp w/ topping	Strawberry Shortcake

\* All meals served with milk, coffee and cold water

# Cycle E

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice	Cranberry Juice or Grape Juice	Orange Juice or Cranberry Juice	Grape Juice or Apple Juice	Orange Juice or Grape Juice	Cranberry Juice or Apple Juice	Orange Juice or Apple Juice
Oatmeal or Cold Cereal	Cream of Wheat or Cold Cereal	Malt-o-Meal Or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Oatmeal or Cold Cereal	Cream of Wheat Or Cold Cereal	Malt-o-Meal or Cold Cereal	Cream of Wheat Or Cold Cereal
Scrambled Egg w/ cheese Bacon	Baked Egg Bacon Toast / jelly	Omelet Sausage Links	Poached Egg Bacon	Boiled Egg Bacon	Fried Egg Sausage Links	Omelets Bacon	Scrambled Egg w/ Ham	Poached Egg Bacon	Boiled Egg Bacon
Cinnamon Roll w/ marg or Toast / jelly		Toast / jelly	Toast / jelly	Toast / jelly	Cinnamon Roll w/ marg or Toast / jelly	Toast / jelly	Toast / jelly	Pancakes or Toast / jelly	Toast / jelly
Baked Chicken	Pot Roast w/ Gravy	Meatloaf	Grilled Steak	Citrus Salmon w/ dill sauce	Pork Chop in Gravy	Turkey Roast	BBQ Ribs	Spaghetti w/ Meat Sauce	Ham
Mash Potato / Gravy	Mashed Potato w/ Gravy	Mashed Potato w/ Gravy	Lyonnais Potato	Baked Potato w/ Shredded Cheese & Sour Cream	Mashed Potato	Mashed Potato w/ Gravy	Baked Potato w/ Shredded Cheese & Sour Cream	Corn	Scalloped Potato
Scalloped Corn	Creamed Carrots	Green Bean Cass.	Harvard Beets	Creamed Cauliflower	Mixed Vegetable	Beets	Peas	Parmesan Cheese	Tossed Salad
Cranberry Sauce	Sliced Radish Garnish	Tomato Garnish	Bread Basket / Margarine	Bread Basket / Margarine	Onion Slice Garnish	Cranberry Garnish		French Bread	Pineapple Ring
Bread Basket / margarine	Bread Basket / margarine	Bread Basket / Margarine			Bread Basket / Margarine	Bread Basket / Margarine	Bread Basket / Margarine		Bread Basket / Margarine
Peach Sauce	Ice Cream Novelty	Mandarin Oranges	Rice Pudding	Fruit Cocktail	Fruited Gelatin w/topping	Ice Cream	Fresh Fruit	Apricots	Cookie
Pizza	French Toast /syrup	Sausage & Gravy Over Biscuits	Hamb Macaroni Hotdish	Scalloped Potato & Ham	Chicken Rice Casserole	Tuna Salad Sandwich	Macaroni & Cheese	Hot Turkey on a Bun	Grilled Cheese
Tossed Salad Mix	Eggs	Veggie Tray	Pea & Cheese Salad	Stewed Tomatoes	Glazed Carrots	Pasta Salad	Green Beans	Potato Leek Soup	Tomato Soup
Grape Garnish	Assorted Juice		Apple Ring	Dinner Roll	Cherry Tomatoes	Pickle Spear	Garlic Toast	Sweet Pickles	Pickle Spear
			Dinner Roll		Baking Powder Biscuit				
Vanilla Pudding w/ topping	Applesauce	Fresh Fruit	Quick Cake w/ whip topping	Strawberry Dessert	Bread Pudding	Assorted Pie	Choc Pudding w/ topping	Fruit Crisp w/ topping	Cherry Whip Dessert

\* All meals served with milk, coffee and cold water