

# LUNCH & DINNER IDEAS

Baked Beans	Cheese	Lentil Soup	Scrambled Eggs	Cheddar Cheese
Brown Bread	Macaroni	Rice	Wheat Toast	Taco Shells
Cole Slaw	Beets	Carrots	Pears	Kidney Beans, Tomatoes
Applesauce	Kiwi	Bananas	Peaches	Honeydew Melon
Milk	Milk	Milk	Milk	Milk

HM Split Pea Soup	Peanut Butter Dip	Ricotta Cheese	Refried Beans	Grilled Cheese
Rye Bread	Wheat Crackers	Lasagna Noodles	Tortilla	Bread
Celery Sticks	Carrots	Spinach	Green Beans	Broccoli
Apple Slices	Broccoli	Pears	Fruit Cocktail	Strawberries
Milk	Milk	Milk	Milk	Milk

Cottage Cheese	Black Beans	Shell Beans	Peanut Butter	Hard Boiled Eggs
Pita Bread	Rice	Macaroni	Oatmeal Bread	Saltines
Sliced Tomatoes	Cucumbers	Stewed Tomatoes	Cheese Chunks	Red, Green & Yellow
Peaches	Oranges	Zucchini	Peas	Peppers
Milk	Milk	Milk	Bananas	Pineapple
			Milk	Milk

Poached Eggs	Lentil Loaf	3 Bean Salad	HM Alfredo Sauce	Veggie Chili (Kidney,
Wheat Toast	Couscous	Bread	Pasta	Pinto Beans, Bulghur)
Peas	Cauliflower	(Kidney, Green,	(Cheddar/American)	Cornbread
Oranges	Berry Medley (blue,	Garbanzo) Corn	Broccoli	Cucumbers
Milk	Straw, Raspberry)	Applesauce	Raisins	Fruit Cocktail
	Milk	Milk	Milk	Milk

Fish Sticks	Tuna	Salmon Burgers	Baked Haddock	Tuna
Rolls	Bread	Rolls	Bread	Noodles
Potato Puffs	Peas	Tossed Salad	Mashed Potatoes	Carrot Sticks
Corn	Apples	Grapes	Waxed Beans	Bananas
Milk	Milk	Milk	Milk	Milk

Turkey Breast Bread Stuffing Oranges Mashed Potatoes Milk	French Toast Bread Strawberries Corn Milk	Scrambled Eggs Pancakes Honeydew Melon Oranges Milk	Ham Wheat Bread Corn on the Cob Grapes Milk	Beef Stroganoff Noodles Pears Carrots Milk
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Ground Turkey Taco Shells Tomatoes/Lettuce Apples Milk	HM Ravioli w/ Beef Biscuits Tomatoes Blueberries Milk	HM Sloppy Joes Hamburg Rolls Pan Fries Pineapple Chunks Milk	Turkey Italians Sub Rolls (Tomato/Gr. Pepper) Peaches Raisins Milk	Pork Chops Rye Bread Spinach Potato Salad Milk
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Chicken Hotdogs Rolls Vegetable Soup Hashbrown Potatoes Milk	Turkey Nuggets Fried Dough Baked Potatoes Cantaloupe Milk	Fish Sticks Buttered Noodles Fruited Jell-O Cucumbers Milk	HM Cheese Macaroni Cauliflower Applesauce Milk	Haddock Rolls Summer Squash Beets Milk
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Mozzarella Cheese English Muffins Carrot Sticks Kiwi Milk	Beef Stew Bread Sticks Squash Grapes Milk	Egg Salad Bread Corn Chowder Nectarines Milk	Chicken Salad Raisin Bread Peas/Carrots Papaya Milk	Meat Sauce (Hamburg) Tortellini Sugar Snap Peas Pears Milk
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HM Chicken Soup Saltines Turnips/Carrots Green Beans Milk	Tuna Bagels Mixed Veggies Watermelon Milk	Chicken Stew Soup Crackers Peas, Potatoes, Celery, Carrots Milk	Meatballs (Hamburg) Angel Hair Pasta Tomatoes Bananas Milk	Chicken Cacciatore Noodles Tomatoes Fruit Cocktail Milk
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Scrambled Eggs English Muffins Green Beans Apple/ Raisin Salad Milk	Turkey Bologna Bread Strawberries HM Corn Chowder Milk	Ground Beef Taco Shells Lettuce/Tomatoes Apples Milk	Chicken Hotdogs Hot Dog Rolls Cole Slaw Baked Beans Milk	French Toast Bread (1 Egg Each) Bananas Blueberries Milk
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Peanut Butter/ Cheese Bread HM Cabbage Soup Apples Milk	Chili w/ Gr. Chicken Corn Bread Kidney Beans Plums Milk	HM Cheese Stuffed Shells Tomatoes Pears Milk	Beef Stroganoff Rice Carrots Lettuce/Tomatoes Milk	Chicken Cacciatore Noodles Kiwi Corn Milk
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Beef Bologna Rolls Tomatoes Pears Milk	American Cheese Bread Hash brown Potatoes Carrots Milk	Ground Turkey Rolls Corn Mashed Potatoes Milk	Ground Beef Taco Shells Grapes Tomatoes Milk	Tuna Salad Bread Apples Broccoli Milk
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HM Beef Stew HM Biscuits Potatoes Carrots Milk	Chicken Salad Wheat Bread Celery Sticks Apple Slices Milk	Pork Chops Rice Broccoli Applesauce Milk	Hamburgers Hamburg Rolls Potato Salad Watermelon Milk	Gr. Turkey Meat Loaf Bread Turnips Green Beans Milk
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Sheppard's Pie w/ Ground Turkey Bread Corn Potatoes Milk	Tuna Casserole Noodles Peas Carrots Milk	American Chop Suey w/ Ground Beef Pasta Tomatoes Pineapple Milk	Baked Ham Bread Mashed Potatoes Peaches Milk	Hamburg Meatballs Spaghetti Spinach Cantaloupe Milk
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Yogurt & Peanut Butter	Peanut Butter	Roast Beef	Baked Chicken	Ham & Cheese
2 Rice Cakes	Bread	Rolls	Rice	Wheat Bread
Pears	Carrots	Boiled Potatoes	Cauliflower	Cucumbers
Grapes	Green Beans	Peas	Beets	Red Peppers
Milk	Milk	Milk	Milk	Milk