

WINTER 4		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Recommended Daily Allowance</p> <p><i>Breakfast:</i> 2oz protein 1 serving starch/fat</p>	<p>B R E A K F A S T</p>	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Scrambled Eggs Toast/Jelly Margarine Yogurt Coffee/Tea/Milk</p> 	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Sausage Patty Biscuits/Gravy Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p>	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Scrambled Eggs W/Cheese Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p> 	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Sausage French Toast Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p> 	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Scrambled Eggs Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p> 	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Bacon Fried Eggs Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p> 	<p>Orange Juice or Cranberry Juice Hot/Dry Cereal Scrambled Eggs W/Cheese Toast/Margarine Jelly Yogurt Coffee/Tea/Milk</p> 
<p>Recommended Daily Allowance</p> <p><i>Dinner</i> 2oz protein 2 vegetables 1 serving starch/fat</p>	<p>D I N N E R</p>	<p>Roast Beef</p>  <p>Mashed Potatoes /Gravy Vegetable Bread/Margarine Dessert Coffee/Tea/Milk</p>	<p>Polish Sausage Sauerkraut Parslied Potatoes Vegetable Bread/Margarine Fruit/Dessert</p>  <p>Coffee/Tea/Milk</p>	<p>Chicken Alfredo Noodles/Gravy Vegetable Bread /Margarine Fruit</p>  <p>Coffee/Tea/Milk</p>	<p>Swiss Steak Mashed Potatoes/Gravy Vegetable Bread Margarine Jell-o W/Fruit Dessert Coffee/Tea/Milk</p>	<p>Chop Suey & Rice Tossed Salad Egg Rolls Bread/Margarine Fruit/Dessert Coffee/Tea/Milk</p> 	<p>Chicken/Dumplings W/Gravy Vegetables Bread/Margarine Fruit/Dessert Coffee/Tea/Milk</p> 	<p>Beef Stew Boiled Potatoes vegetable Pickled Beets Fruit/Dessert Coffee/Tea/Milk</p> 
<p>Recommended Daily Allowance</p> <p><i>Supper</i> 2oz protein 2 vegetables 1 serving starch/fat</p>	<p>S U P P E R</p>	<p>Chicken Salad Sandwich Chips/Pickles Daily Soup Crackers Pickled cucumber Lettuce/Tomato Fruit/Dessert Coffee/Tea/Milk</p>	<p>French Dip Sandwich Soup W/Crackers Lettuce/Tomato Dressing Fruit/Dessert Coffee/Tea/Milk</p> 	<p>Ham Salad Sandwich Soup W/Crackers Pasta Salad Lettuce/Tomato Dressing Fruit/Dessert Coffee/Tea/Milk</p>	<p>Casserole Beets Soup W/Crackers Fruit/Dessert Coffee/Tea/Milk</p> 	<p>Pancakes Sausage Soup Jell-o W/Fruit Dessert Coffee/Tea/Milk</p> 	<p>BBQ Riblet on a Bun Soup W/Crackers Lettuce/Tomato Dressing Bread/Margarine Fruit/Dessert Coffee/Tea/Milk</p>	<p>Turkey & Cheese Sandwich Tomato Soup Crackers Lettuce/Tomato Dressing Pickles Fruit/Dessert Coffee/Tea/Milk</p>