



## **CYCLE DAY 19**

### **BREAKFAST**

SAUSAGE GRAVY & BISCUITS

MINCED BEEF

FRENCH TOAST

HOME FRIED POTATOES

HOT OATMEAL

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

### **LUNCH**

GRILLED PORK CHOPS

CHICKEN ADOBO

GARLIC POTATO WEDGES

JASMINE RICE

BROCCOLI PARMESAN

SIMMERED SQUASH

BROWN GRAVY

MINESTRONE SOUP

HOT ROLLS

GRILLED CHEESEBURGER

GRILLED TURKEY BURGER

FRENCH FRIES

FRUIT BAR

SALAD BAR

VANILLA CAKE

SUGAR COOKIES

BLONDIES

FRUIT JELLO

### **DINNER**

SWEDISH MEATBALLS

HERBED BAKED CHICKEN

GARLIC LEMON POTATO WEDGES

SPANISH RICE

HACIENDA GREEN BEANS

PEAS & CARROTS

MINESTRONE SOUP

HOT ROLLS

FRUIT BAR

SALAD BAR

VANILLA CAKE

SUGAR COOKIES

BLONDIES

FRUIT JELLO