

SCICON MENU

(Menu subject to change)

1% milk; unflavored is offered at meal times
Non-fat; unflavored milk available upon request

Week of 9/10/18

Monday Lunch

Chicken Nuggets (5 each)
Baby Carrots (4 each = ¼ cup)
Broccoli (½ cup)
Ranch Dressing (2 Tablespoons)
Peaches (½ c)
Catsup (1 Tablespoon)
Milk (8 oz)

Monday Dinner

Beef Patties w/Gravy
Mashed Potatoes
Tossed Salad w/Ranch (½ c)
Jello w/fruit
Water

Tuesday Breakfast

Scrambled Eggs (1/3 c)
Cold Cereal (½ c)
Orange Wedges (3 wedges = ¼ cup)
Apple Juice (½ c)
Milk (8 oz)

Tuesday Lunch

Corndogs (1 each)
Beans (½ c)
Baby Carrots (4 each = ¼ cup)
Apple (1 each = 1c)
Mustard (1 teaspoon)/Catsup (1 Tablespoon)
Milk (8 oz)

Tuesday Dinner

Chicken (1 each)
Seasoned Rice (½ c)
Green Beans (¼ c)
Parkerhouse Rolls (1 each)
Water

Wednesday Breakfast

Eggs (½ c.)
Cheese Sticks (1 each)
Whole Wheat Tortilla (1 each)
Banana (1 each)
Salsa (1 Tablespoon)
Juice (½ c)
Milk (8 oz)

Wednesday Lunch

Pasta w/Meat Sauce (1 cup)
Green Salad w/Italian (1 c)
Pears (½ cup)
Graham Crackers (1 each)
Milk (8 oz)

Wednesday Dinner

Chili Verde
Steamed Rice
Baby Carrots
Tossed Salad w/Ranch
Ice Cream (1 each)
Water

Thursday Breakfast

French Toast (1 each)
Sausage Patty (1 each)
Pineapple Tidbits (1/2c)
Syrup
Apple Juice (½ c)
Milk (8 oz)

Thursday Lunch

Chicken Taco Salad
Meat (½ c)
Lettuce (1 cup)
Sun Chips (1/2 cup)
Corn (½ c)
Apple (1 each = 1c)
Milk (8 oz)

Thursday Dinner

Turkey and Gravy
Mashed Potatoes
Tossed Salad w/Ranch
SCICON Rolls
Oreos (1 package each)
Lemonade

Friday Breakfast

Scrambled Eggs (1/3 c)
Potatoes (1/2 c)
Breakfast Blueberry Bread (1 each)
Applesauce Cups (1 each ~ ½ c)
Milk (8 oz)

Friday Lunch

Whole Wheat Bread (2 each)
Turkey (2 each)
Mustard (1 teaspoon)/Mayonnaise (1 Teaspoon)
Baby Carrots (1 each = ¼ cup)
Coleslaw (½ cup)
Raisins (1 each = ½ c)
Milk (8 oz)