

Regular/NAS Cedars/Mitchell/GreenHouse 2019 Menu Week1- Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch						
Red Cabbage And Apple Salad	Green Pea Salad	Tossed Salad, No Tomato	Cottage Cheese and Peaches	American Macaroni Salad	Coleslaw	SR Chicken Tortilla Soup
Honey Apple Pork Roast	Honey Mustard Chicken Breast	Garlic Herb Meatloaf	Lemon Chicken	Braised Pork	Cornmeal Fried Fish	Taco Salad
Oven Browned Potatoes	Roasted Sweet Potatoes	Mashed Potatoes	Parmesan Linguine	Mashed Potatoes	French Fries	Spanish Rice
Fresh Green Beans	Succotash	SR Steamed Carrots	Grilled Asparagus	Sautéed Spinach	Broccoli	Pinto Beans
Dinner Roll	Wheat Dinner Roll	Cornbread	Dinner Roll	Cornbread	Hush Puppies	
Peach Crisp	Peanut Butter Brownies	Banana Bread Pudding	SF Creme Pecan Cake	Tropical Fruit Coconut Parfait	Key Lime Pie	Chocolate Sundae
Margarine, 5 g, PC	Margarine, 5 g, PC	Margarine, 5 g, PC	Margarine, 5 g, PC	Margarine, 5 g, PC	Margarine, 5 g, PC	Sour Cream
Unsweetened Iced Tea	Unsweetened Iced Tea	Unsweetened Iced Tea	Unsweetened Iced Tea	Unsweetened Iced Tea	Unsweetened Iced Tea	Unsweetened Iced Tea
Milk, Lowfat, 2%	Milk, Lowfat, 2%	Milk, Lowfat, 2% Italian Vinaigrette	Milk, Lowfat, 2%	Milk, Lowfat, 2%	Milk, Lowfat, 2% Tarter Sauce, Ind Ketchup, PC	Milk, Lowfat, 2% Thick & Chunky Salsa
Dinner						
Vegetable Rice Soup	Chicken Noodle Soup	SR French Onion Soup	Minestrone Soup	Tomato Bisque Soup	Chicken & Rice Soup	Vegetable Soup
Tuna Sandwich	Beef Stroganoff	Ham & Cheese Quiche	Salisbury Steak with Onion Gravy	Grilled Cheese Sandwich	Chicken Salad and Fruit	Carolina Barbecue Pork Sandwich
Burger Accompaniments	Buttered Egg Noodles Green Peas	Tomato & Cucumber Salad	Mashed Potatoes Corn on the Cob	French Fries Garnish-Tomato Slice	Tossed Salad, No Tomato	Coleslaw
Potato Chips	Strawberry Shortcake	Blueberry Pie	Dinner Roll	Coconut Cake	Saltine Crackers	Lemon Bar
Chess Squares	Margarine, 5 g, PC	Margarine, 5 g, PC	Chocolate Mousse	Margarine, 5 g, PC	Apple Crumble	Margarine, 5 g, PC
Margarine, 5 g, PC	Milk, Lowfat, 2%	Milk, Lowfat, 2%	Margarine, 5 g, PC	Milk, Lowfat, 2%	Milk, Lowfat, 2%	Milk, Lowfat, 2%
Milk, Lowfat, 2%			Milk, Lowfat, 2%	Ketchup, PC	Italian Vinaigrette	

**Bold indicates a main item.**

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