

**2008 TENTATIVE MENU
SWIFT BASE**

BREAKFAST

Monday

Oranges
Fruit Loops with Milk
Scrambled Eggs
Bacon
Bread & Butter
Jelly

Tuesday

Juice
Apple Cinnamon
Toasted Oats with Milk
French Toast
Sausage Links
Syrup
Butter

Wednesday

Juice
Peaches
Buttermilk pancakes
with syrup
Sausage links
Milk

Thursday

Juice
Cereal
Pop tarts
Bagels
Fruit salad
Milk

Friday

Cereal
Scrambled eggs
Diced bacon
Bread and butter
Milk

Saturday

Juice
Frosted Flakes with Milk
Bagel and sweet Rolls

LUNCH

Cold Cuts & Cheese
Potato Chips
Lettuce & Tomatoes
Hoagie Sandwich Bread
Mustard-Mayo
Nutty Bar
Punch

Roast Beef Sandwich
Tator tots
Catsup & Mustard
Potato Salad
Cookies
Pink Lemonade

Beef tacos
Lettuce & Tomatoes
Nacho Chips
Applesauce
Donut stix
Punch

Hot ham and cheese
croissants
Tator tots
Oranges
Brownies
Cherry drink

Chicken patty on bun
Cheese
Chips
Pasta salad
Cookies
Punch

DINNER

Roast Turkey with
dressing
Mashed potatoes with
gravy
Buttered carrots
Bread and butter
Cake
Chocolate milk

Hamburger
Lettuce, tomato, onions
Catsup & Mustard
Chips
Cookies
Koolaid

Sirloin steak
Hash browns
Baked beans
Bread and butter
Chocolate pudding
Chocolate milk

Mostaccoli and
meatsauce
Green beans
Salad
Garlic toast
Ice cream
Milk

BBQ pork steaks
Buttered corn
Salad
French bread
Cake
Chocolate Milk

**For its nutritional value, we substitute turkey meat products where possible.