

Weekly Menu Harbor Heights



B R E A K F A S T	Waffles Scrambled Egg Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice	Scrambled Egg Fresh Fruit 100% Juice Whole Grain Toast	Country Gravy and Biscuits Sausage Link Fresh Fruit 100% Juice	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon Belgian Waffles Egg of Choice Fresh Fruit 100% Juice	English Muffin Breakfast Sandwich Fresh Fruit 100% Juice
L U N C H	Manicotti with Meat Sauce Green Salad Baked Roll Apple Cranberry Gelatin	Coconut Shrimp Mixed Vegetables Whole Grain Bread Maple Oatmeal Cookie	Tortilla Soup Chicken Taco Salad Mexican Cornbread Blueberry Crumb Bar	Italian Vegetable Soup Baked Penne Lettuce Tomato Salad Zucchini Bread	Butternut Squash Soup Hot Turkey Sandwich with Gravy Green Beans Pear Fruit Medley	Cream of Zucchini Soup Beef Enchilada Casserole Mexicali Corn Lemon Lush Pudding	Vegetable Barley Soup Seasoned Chicken Fingers Coleslaw Vinaigrette Tater Tots Fudge Bar
D I N E R	Cream of Parsnip Soup Crispy Fried Chicken Fresh Mashed Potatoes Coleslaw Baked Roll Bread Pudding with Vanilla Sauce	Greek Pasta Salad Melt In Your Mouth Chicken Seasoned Rice Roasted Zucchini Baked Roll Fruit Crisp	Green Salad Swedish Meatballs Noodles Lemon Pepper Green Beans Baked Roll Chocolate Chip Cake	Apple Salad Rosemary Pork with Honey Mustard Roasted Yams Harvard Beets Baked Roll Pecan Pie	Caesar Salad Marinated Steaks Baked Potato Lemon Glazed Carrots Baked Roll Pudding Tart	Sweet Slaw Sour Cream Cheddar Cod White and Wild Rice Pilaf Sauteed Spinach Baked Roll Berry Buckle Cake	Cranberry Pear Tossed Salad Turkey Cutlets with Pan Gravy Cornbread Dressing Bacon Brussels Sprouts Baked Roll Pumpkin Squares
	Milk offered at every meal						