

HELEN KELLER SCHOOL MENU: APRIL 28 - MAY 4, 2019

	BREAKFAST	LUNCH	SUPPER
S U N D A Y	Oatmeal	Roast Beef w/ gravy	Hot Pocket
	WG Assorted Cereal	Brown Rice	Tossed Salad w/Tomatoes
	Cantaloupe	Mixed Vegetables	Potato Chips
	100% Fruit Juice	Garden Salad	Brownie
	Milk, Variety	Garlic Biscuits	
M O N D A Y		Tropical Fruit	
	Steak Biscuit	Salad Bar	Waffles For Supper
	Scrambled Eggs	Meat Loaf	Scrambled Eggs
	WG Assorted Cereal	Redskin Mashed Potatoes	Dutch Waffles
	Apple Slices	Turnip Greens	Sausage Link
A P R I L Y	100% Fruit Juice	Carrot Raisin Salad	Mandarin Oranges
	Milk, Variety	WG Cornbread	
		Frozen Fruit Cup	
	Cheese Toast	Salad Bar	Chicken Fingers
	Scrambled Eggs	WG Corn Dog	Brown Rice
E S D A Y	WG Assorted Cereal	French Fries	French Style Green Beans
	Bacon	Celery, Carrot & Cucumbers	Tomato Wedges or Slices
	Orange Wedges	Apple Sauce	Roll
	100% Fruit Juice	LF Ranch Dip	Dessert
	Milk, Variety		
W E D N E S D A Y	Grits	Salad Bar	Sloppy Joes
	Scrambled Eggs	Pulled Pork Sandwich	Potato Chips
	Sausage Patty	Baked Beans	Garden Salad
	WG Assorted Cereal	Dill Slices	Dessert
	Banana	Cole Slaw	
S A T U R D A Y	100% Fruit Juice	Fresh Fruit Bowl	
	Milk, Variety		
T H U R S D A Y	WG French Toast Sticks	Salad Bar	Athletic Banquet
	Bacon	Pepperoni Smart Pizza	Sack Suppers in Dorms
	WG Assorted Cereal	Corn on the Cob	
	Strawberries	Broccoli Salad	
	100% Fruit Juice	Fresh Fruit	
F R I D A Y	Milk, Variety		
	Maple Syrup		
	Grits	Salad Bar	Fish Sticks w/ tartar or cocktail sauce
	Boiled Eggs	Chicken Wrap	French Fries
I N D E P E N D E N C E D A Y	Toast	Vegetable Sticks w/ Peanut Butter	Coleslaw
	WG Assorted Cereal	Orange Wedges	Hushpuppies
	Sliced Peaches	WG Sun Chips	Dessert
	100% Fruit Juice & Milk Jelly		
S E P T E M B E R D A Y	Scrambled Eggs	Nathan's Mini Hotdogs	Chicken Sandwich
	Sausage Link	Chili	Lettuce & Tomato
	WG Assorted Cereal	Cheese sauce	Pasta Salad
	Hashbrown patty	Sauerkraut	Ice Cream
	100% Fruit Juice	Orange Wedges	
D E C E M B E R A Y	Milk, Variety	French Fries	

100% Fruit Juice, 1% Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk offered at all meals