



South Lyon 4

Winter 4 Menu Meal	Sunday January 30	Monday February 1	Tuesday February 2	Wednesday February 3	Thursday February 4	Friday February 5	Saturday February 6
Breakfast 8AM	Fresh Baked Banana Nut Bread Cheesy Egg Frittata Bacon Orange Slices Coffee/Tea Juice/Milk	Cambrian Canadian Ham Cheese & Egg Mc Muffin Tropical Fruit Coffee/Tea Juice/Milk	Oatmeal Biscuit With Honey Scrambled Eggs Bacon Coffee/Tea Juice/Milk	Waffles with Berries Maple Syrup Smokey Links Orange Slices Coffee/Tea Juice/Milk	Buttered Croissant Greek Scramble Fresh Pineapple Coffee/Tea Juice/Milk	Cereal Egg Muffin Sandwich Hash brown Coffee/Tea Juice/Milk	Oatmeal Apple Fritter Eggs Fresh Melon Coffee/Tea Juice/Milk
Lunch 12PM	Beef Pepper Steak Rice Egg Roll/ Potstickers Sweet/Sour Sauce Angel Food Cake With Caramel Sauce Juice/Milk Coffee/Tea	Fried Chicken Garlic Mashed Potato Fried Cabbage With Onion & Bacon Strawberry Ice Cream Juice/Milk Coffee/Tea	Hoisin Glazed Salmon Wild Rice Roasted Asparagus Peach Cobbler Juice/Milk Coffee/Tea	Oven Breaded Pork Chops Candy Yams Seasoned Green Beans Corn Bread Strawberry Shortcake Juice/Milk Coffee/Tea	Grilled Steaks Mushroom/Onion Wine Sauce Loaded Potato Seasoned Broccoli Banana Pudding Juice/Milk Coffee/Tea	Sloppy Joe/ Jane Tater Tots Ketchup Coleslaw Lemon Cake Juice/Milk Coffee/Tea	Chicken Alfredo Seasoned California Vegetables Garlic Bread Cherry Turnovers Juice/Milk Coffee/Tea
Dinner 5PM	Macaroni & Cheese Stewed Tomato Hawaiian Roll Brownie Juice/Milk Coffee/Tea	Cheese Quesadilla Lettuce/ Tomato Sour Cream/Salsa Black Bean Soup Fresh Baked Cookie Juice/Milk Coffee/Tea	Manicotti Spinach Medley Breadstick Chocolate Pudding Juice/Milk Coffee/Tea	Italian Sub Chips Vegetable Soup Ice Cream Juice/Milk Coffee/Tea	Grouper Bites Curly Fries Tartar Sauce Ketchup Fresh Baked Cookie Juice/Milk Coffee/Tea	Turkey Divan Yeast Roll Assorted Desserts Juice/Milk Coffee/Tea	Lorraine Quiche Cheddar Broccoli Soup Tomato/Onion Salad Carmel Ice Cream Juice/Milk Coffee/Tea