

Benchmark Menu

	Monday – Day 1	Tuesday – Day 2	Wednesday – Day 3	Thursday – Day 4	Friday – Day 5	Saturday – Day 6	Sunday – Day 7
Breakfast	Orange Juice Cinn Oatmeal	Apple Juice NF Vanilla Yogurt	Grape Juice Farina	Cranberry Juice Grits	Orange Juice NF Vanilla Yogurt	Apple Juice Rice Crisps	Grape Juice Toasted Oats
	Cinnamon Raisin Bagel	Pancakes Margarine	Plain Bagel Strawberry Cream	Scrambled Eggs Bacon	Waffles Margarine	Banana Muffin Milk	Honey Bun Milk
	Cream Cheese Milk Coffee	Syrup Milk Coffee	Cheese Milk Coffee	Roll Margarine Jelly Milk Coffee	Syrup Milk Coffee	Coffee	Coffee
Lunch	Chicken Curry Rice Broccoli	Wedding Soup Crackers	Breaded Fish Patty Roll	Seafood Pasta Salad Four Bean Salad	Tomato Soup Macaroni & Cheese	Hotdogs Rolls	Seasoned Pot Roast Brown Gravy
	Diced Peaches Hi Fiber Bread	French Bread Pizza Tossed Salad	Tartar Sauce Red Skinned Potatoes	Rye Bread Margarine	Green Beans Mandarin Oranges	Mustard Sauerkraut	Mshd Potatoes w/Chives
	Margarine Chocolate Milk	Ranch Dressing Pineapple Tidbits Milk	Carrots Chocolate Pudding Milk	Banana Milk	Hi Fiber Bread Margarine Milk	Baked Beans Coleslaw	Carrots Pear Cranberry Crisp
Dinner	Meatloaf Onion Gravy	BBQ Ribs Rice & Beans	Turkey Pot Pie Filling Brown Rice	Meatsauce Ziti	Baked Fish Creole Sauce	Roast Turkey Poultry Gravy	Chicken Cacciatore Rotini
	Mshd Potatoes w/Chives	Collard Greens Strawberry Gelatin	Mixed Vegetables Apple Slices	Parmesan cheese Italian Blend	Brown Rice Peas & Carrots	Cranberry Sauce Cornbread Stuffing	Peas Strawberry Ice Cream
	Creamed Spinach Apple Compote	Rye Bread Margarine	Rye Bread Margarine	Vegetables Orange Sherbet	Cocoa Crème Rye Bread	Broccoli/Cauliflower Rice Pudding	Cream Rye Bread
Snack	Hi Fiber Bread Margarine Coffee	Coffee	Coffee	Hi Fiber Bread Margarine Coffee	Margarine Coffee	Roll Margarine Coffee	Margarine Coffee
	Figaroos Milk	Corn Puffs Milk	Cinnamon Elf Grahams Milk	100 Cal Goldfish Crackers Fruit Punch Juice Box	Corn Flakes Milk	Cheddar Sun Chips Apple Juice Box	Oatmeal Raisin Cookies Milk

Benchmark Menu

	Monday – Day 8	Tuesday – Day 9	Wednesday – Day 10	Thursday – Day 11	Friday – Day 12	Saturday – Day 13	Sunday – Day 14
Breakfast	Orange Juice NF Vanilla Yogurt French Toast Margarine Syrup Milk Coffee	Apple Juice Farina Cheese Omelet Roll Margarine Jelly Milk Coffee	Grape Juice Frnch Van Oatmeal Corn Muffin Margarine Milk Coffee	Orange Juice NF Vanilla Yogurt Waffles Margarine Syrup Milk Coffee	Apple Juice Raisin Bran Scrambled Eggs Sausage Patty Roll Margarine Jelly Milk Coffee	Cranberry Juice Rice Crisps Plain Bagel Cream Cheese Milk Coffee	Grape Juice Corn Flakes Assorted Danish Milk Coffee
	Beef Sloppy Joe Rice Mixed Vegetables Vanilla Pudding Rye Bread Margarine Chocolate Milk	Tuna Salad Roll Pasta Salad Chick Pea Salad Fresh Fruit Salad Milk	Turkey Tacos Tortilla Shredded Lettuce Salsa Mexican Corn Shredded Cheese Sour Cream Apple Slices Milk	Chicken Noodle Soup Crackers Chicken Fajitas Brown Rice Broccoli Mandarin Oranges Hi Fiber Bread Margarine Milk	Vegetable Soup Cheese & Veg Lasagna Tossed Salad Crmy Italian Drsg Banana Hi Fiber Bread Margarine Milk	Turkey Ham Steak Au Gratin Potatoes Peas & Carrots Lemon Cookies Hi Fiber Bread Margarine Milk	Chicken Bologna Cheese Sandwich Roll Mustard Potato Salad Pickled Beets Applesauce Milk
Lunch	Salisbury Steak Mushroom Gravy Mshd Potatoes w/Chives Peas Fresh Fruit Hi Fiber Bread Margarine Coffee	Lentil Soup Ranchero Pizza Tossed Salad Parmesan Peppercorn Drsg Chocolate Pudding Coffee	Pork Oriental Rice Carrots Dt Lime Gelatin Hi Fiber Bread Margarine Coffee	Meatballs in Sauce Spaghetti in Sauce Parmesan Cheese Italian Vegetable Blend Vanilla Ice Cream Rye Bread Margarine Coffee	Tater Crusted Fish Tartar Sauce Confetti Rice Broccoli/Cauliflower Cheesecake Rye Bread Margarine Coffee	Beef Stew Biscuit Green Beans Crushed Pineapple Margarine Coffee	Roast Pork Brown Gravy Red Potatoes Zucchini/Tomato Medley Cappucino Pudding Hi Fiber Bread Margarine Coffee
	Snack	Crispix Milk	Pretzels Very Berry Juice Box	100 Cal Oreo Milk	Honey Nut Cheerios Milk	Original Sun Chips Fruit Punch Juice Box	100 Cal Marshmallow Treat Milk

Benchmark Menu

	Monday – Day 15	Tuesday – Day 16	Wednesday – Day 17	Thursday – Day 18	Friday – Day 19	Saturday – Day 20	Sunday – Day 21
Breakfast	Orange Juice Grits Western Omelet Roll Margarine Jelly Milk Coffee	Apple Juice Cinn Oatmeal Plain Bagel Garden Veg Cream Cheese Milk Coffee	Grape Juice NF Vanilla Yogurt French Toast Margarine Syrup Milk Coffee	Cranberry Juice Frnch Van Oatmeal HC Egg Corned Beef Hash Roll Margarine Jelly Milk Coffee	Orange Juice NF Vanilla Yogurt Pancakes Margarine Syrup Milk Coffee	Apple Juice Corn Flakes Blueberry Muffin Milk Coffee	Grape Juice Toasted Oats Pecan Spin Wheel Milk Coffee
	Jamaican Beef Patty Red Potatoes Mexican Corn Fresh Fruit Salad Chocolate Milk	Deli Roast Beef Rye Bread Mayo Potato Chips Coleslaw Strawberry Pudding Milk	Hamburger Roll Catsup Baked Beans Green Beans Apple Slices Milk	Crn Broccoli Soup Crackers Chicken Fried Rice Peas Apple Slices Hi Fiber Bread Margarine Milk	Pork BBQ Orzo Broccoli Chocolate Ice Cream Rye Bread Margarine Milk	Chicken Salami Cheese Hi Fiber Bread Mustard Macaroni Salad Carrot Raisin Salad Ambrosia Pudding Milk	Virginia Ham Raisin Sauce Mashed Sweet Potatoes Peas & Carrots Mandarin Oranges Roll Margarine Milk
	Beef Chili Brown Rice Carrots Orange Gelatin 2 oz Corn Muffin Margarine Coffee	Fried Chicken Rice & Beans Collard Greens Plantain Fresh Fruit Hi Fiber Bread Margarine Coffee	Clam Chowder Fish Squares Tartar Sauce Tater Tots Carrots Swiss Cake Rolls Hi Fiber Bread Margarine Coffee	Beef Sausage & Tomato Ziti Tossed Salad honey mustard Dressing Butterscotch Pudding Rye Bread Margarine Coffee	Spanish Fish Confetti Rice Mixed Vegetables Fresh Fruit Hi Fiber Bread Margarine Coffee	Beef Pepper Steak Rice Broccoli/Cauliflower Pineapple Tidbits Rye Bread Margarine Coffee	Minestrone Soup Cheese Ravioli Marinara Sauce Green Beans in Garlic Sauce Raspberry Sherbet Hi Fiber Bread Margarine Coffee
	Garden Salsa Sun Chips Apple Juice Box	100 Cal Chips Ahoy Milk	Apple Jacks Milk	Butter Crunch Cookies Milk	Golden Grahams Milk	French Onion Sun Chips Very Berry Juice Box	Oatmeal Crème pie Milk