

Upham Woods Weekly Menu

Monday	Breakfast	Bacon, Scrambled Eggs, Toast, Cereal Bar, Milk, Water, Juice
	Lunch	Grilled Ham & Cheese, Fritos, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Chicken Fried Rice, Egg Rolls, Veggie, Salad Bar, Milk, Water And Dessert
Tuesday	Breakfast	French Toast, Sausage Links, Cereal Bar, Milk, Water, Juice
	Lunch	Turkey Dogs, Baked Beans, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Camp Pasta, Meat Sauce, Garlic Bread, Veggie, Salad Bar, Milk, Water And Dessert
Wednesday	Breakfast	Pancakes, Ham, Cereal Bar, Milk, Water, Juice
	Lunch	Hamburgers, Fries, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Baked Chicken, Mashed Potato & Gravy, Veggie, Salad Bar, Milk, Water And Dessert
Thursday	Breakfast	Sausage Patty, Eggs, English Muffin, Cereal Bar, Milk, Water, Juice
	Lunch	Chicken Nuggets, Cole Slaw, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Goulash or Chili Mac, Veggie, Salad Bar, Milk, Water And Dessert
Friday	Breakfast	French Toast, Sausage Links, Cereal Bar, Milk, Water, Juice
	Lunch	Sloppy Joes, Mac & Cheese, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Pulled Chicken Gravy w/ Rice, Veggie, Salad Bar, Milk, Water and Dessert
Saturday	Breakfast	Pancakes, Ham, Cereal Bar, Milk, Water, Juice
	Lunch	Dogs in Sleeping Bags, Chips, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Chicken Alfredo, Garlic Bread, Veggie, Salad Bar, Milk, Water and Dessert
Sunday	Breakfast	Sausage Patty, Scrambled Eggs, Cereal Bar, Milk, Water, Juice
	Lunch	Chicken Patty, Tater Tots, Fruit, Salad Bar, Milk, Water And Dessert
	Dinner	Baked Ham, Au Gratin Potatoes, Veggie, Salad Bar, Milk, Water and Dessert

Menu may be subject to change without notice