

## IHN Menu Format

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	EVERYDAY:	EVERYDAY:	EVERYDAY:	EVERYDAY:	EVERYDAY:	Brkfast Breads	Pancakes
	Juice	Juice	Juice	Juice	Juice	&	Sausage
	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Everyday Bkfst	&
	Milk	Milk	Milk	Milk	Milk		Everyday bkfst
	Cereal	Cereal	Cereal	Cereal	Cereal		
	Toast	Toast	Toast	Toast	Toast		

<b>Lunch</b>	EVERYDAY:	EVERYDAY:	EVERYDAY:	EVERYDAY:	EVERYDAY:	(Keep it simple)	(Keep it simple)
Sandwiches	Sack Lnch Supplies	Sack Lnch Supplies	Sack Lnch Supplies	Sack Lnch Supplies	Sack Lnch Supplies	Leftovers	Leftovers
Meat						Pantry food	Pantry food
Starch &/or						Other	Other
Bread							
Salad/Veg.							
Fruit/Dessert							
Beverages							

<b>Dinner (Wk 1)</b>							
Meat	Ground/cubed Chicken	Beef-mixed dish	Chicken (any) or	Beef-whole meat	Poultry-whole	Hamburgers &/or	Fish &/or
Starch and/or			Pork-whole meat			Hotdogs	Vegetarian
Bread							
Salad/Veg.							
Fruit/Dessert							
Beverages							
<b>Dinner (Wk 2)</b>					Fish or		
Meat	Poultry - whole	Ground Beef	Beef- whole meat	Chicken-grd or cube	Pork (any kind)	PIZZA NIGHT!	Beef-grd or cube
Starch and/or							
Bread							
Salad/Veg.							
Fruit/Dessert							
Beverages							
<b>Dinner (Wk 3)</b>							
Meat	Chicken-whole	Beef-ground	Pork or Fish	Beef-whole	Poultry-grd/cubed	Beef- whole or	YOUR CHOICE!
Starch and/or						Pork- whole meat	
Bread							
Salad/Veg.							
Fruit/Dessert							
Beverages							

Note: This is only a recommended menu, meant as a guideline for food preparation each week. We would like to keep variety in the meals served for dinner, but it is all right if the type of food recommended for a particular day cannot be prepared.