Movember

2021 MD Williams

menu

Monday

Tuesday

Wednesday

Thursday

Friday

This institution is an equal opportunity provider.

Happy National Stuffing Month



A choice of a Chef Salad & Hamburger meal is offered daily, with daily vegies, fruit, milk and condiments.

1.BBQ Pork Nachos Cheese Sauce Baked Beans Cole Slaw Fruit Milk 2. Spaghetti
Mixed Green Salad
Green Beans
Fruit
Garlic Roll
Milk

3. Chili Frito Pie Crackers Seasoned Corn Fruit Milk 4. Chicken Nuggets
Honey Mustard Dip
Steamed Carrots
Steamed Broccoli
Hot Roll
Fruit
Milk

Take-out Day
Chicken Stir Fry
Veggies
Rice
Cherry Tomatoes
Spiced Apples
Fortune Cookie
Milk

5. National Chinese

8. Redskin Café'
Backyard Griller
Bacon Cheeseburger
French Fries
Lettuce/Tomato/pickle
Grapes
Milk

9. Cheesy Nachos Lettuce/Tomato Salsa Beans Fruit Milk 10. Meatloaf
Mashed
Potatoes/gravy
Seasoned Corn
Fruit
Hot Roll
Milk

11. Deli Sub Sandwich Carrots w/ dip Sand. Salad Cup Baked Chips Juice Milk 12. Chicken &
Noodles
Steamed Broccoli
Peas & Carrots
Crackers
Fruit
Milk

15 Chicken Nuggets Mashed Potatoes Gravy Steamed Broccoli Fruit Hot Roll Milk 16. <u>National Fast</u>
<u>Food Day</u>
Corn Dog
Beans
Carrot Stix w/ dip
Fruit
Milk

17. Turkey & Dressing Cranberry Sauce Mashed Potatoes Green Beans Hot roll Strawberries Ice Cream Cup Milk

18. Chicken Philly Sandwich Sandwich Veggies French Fries Apple Slices Milk 19.BBQ Sandwich
Baked Chips
Pickle Spears
Cole Slaw
Carrot Coins
Fruit
Milk

29. Pizza Romaine Salad Lite Ranch Celery Stix Fruit & Milk 30. Macaroni & Cheese California Blend Veggies Carrot stix/dip Fruit cup Milk







CHILL with crisp, cool veggies.

Monday: Cereal Bar, String cheese, juice, fruit, milk
Tuesday: Bacon, Egg, Croissant, juice, fruit, milk
Wednesday: Cinnamon Bun, juice, fruit, milk
Thursday: Waffle, ham slice, syrup, juice, fruit, milk
Friday: Sausage, gravy, Biscuit, juice, fruit, milk
cereal, juice, fruit, milk offered as daily choices

Daily Menu Subject to change due to supply chain issues.

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