

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Aug 11th – Aug 21st

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 Sun. Aug 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed MASHED POTATO CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C Mon. Aug 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MACARONI & CHEESE CAPRI BLEND VEGETABLES WHOLE KERNEL CORN CHIPS BAKED SWEET POTATO MASHED POTATOES HARVARD BEETS
MENU DAY 3 Tue. Aug 13	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH, reg. & FF BABY ROASTED POTATOES CHIPS COLE SLAW ENGLISH PEAS SPINACH
MENU DAY 4 Wed. Aug 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CREAM CORN CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD MASHED POTATO BAKED POTATO
MENU DAY 5 Thur. Aug 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	GRILLED TURKEY CLUB MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA TOMATO SOUP POTATO SALAD LIMA BEANS, FF BABY CARROTS MASHED POTATO CHIPS
MENU DAY 6A Fri. Aug 16	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED GREEN PEPPERS OVEN ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese MEXICAN RICE YEAST ROLLS CREAM CORN BAKED POTATO
MENU DAY 7B Sat. Aug 17	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY GRILLED YELLOW SQUASH CARROTS LF, or Glazed RICE SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Sun. Aug 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND BISCUIT GREEN BEANS MASHED POTATO
MENU DAY 9 Mon. Aug 19	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	SPINACH & CHEESE RAVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATO
MENU DAY 10 Tue. Aug 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	NACHO BAR OVEN FRIED COD FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY COLESLAW CARROTS, LF or Glazed BAKED POTATO HUSH PUPPIES
MENU DAY 11 Wed. Aug 21	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES BRUSSEL SPROUTS CHIPS BAKED SWEET POTATO MASHED POTATO

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Aug. 22nd – Sept. 1st

DATE	BREAKFAST	LUNCH	(Menu C)	
MENU DAY 1 Thur. Aug 22	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CHIPS WHITE RICE CREAM CORN CREAM OF BROCCOLI SOUP
MENU DAY 2C Fri. Aug 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHIKEN WRAPS BEEF TIPS over noodles CAPRI VEGGIE BLEND MASHED POTATO HARVARD BEETS	CHIPS CORN on COB BAKED SWEET POTATO
MENU DAY 3 Sat. Aug 24	BACON SAUSAGE SCRM EGG w/ CHEESE SCRAMBLED EGGS GRITS/OATMEAL	MUFFINS VARIETY COLD CEREAL FRESH FRUIT WHITE/WHEAT TOAST	COUNTRY FRIED STEAK BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH	CHIPS COLE SLAW BABY ROASTED POTATO SPINACH ENGLISH PEAS
MENU DAY 4 Sun. Aug 25	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD MASHED POTATO CREAM CORN
MENU DAY 5 Mon. Aug 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	CHIPS LIMA BEANS, FF MASHED POTATO
MENU DAY 6G Tue. Aug 27	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	BLUEBERRY MUFFINS fresh baked FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	GRILLED CHEESE SANDWICH CHICKEN DUMPLING BAKED CHICKEN RICE/GRAVY BROCCOLI, LF or W/CHEESE	CHIPS CREAM CORN GREEN BEANS TOMATO SOUP
MENU DAY 7B Wed. Aug 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS GRILLED YELLOW SQUASH	MEXICAN CORNBREAD OKRA & TOMATO PINTO BEANS
MENU DAY 8 Thur. Aug 29	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SALMON PATTIES POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS	CARPI VEGGIE BLEND MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Fri. Aug 30	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BOURBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS BLACK EYED PEAS
MENU DAY 10 Sat. Aug 31	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS fresh baked WAFFLES FRESH FRUIT VARETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed RICE/GRAVY HUSH PUPPIES
MENU DAY 11 Sun. Sept 1	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY	CORN on COB BAKED SWEET POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU **September 2nd – September 12th**

DATE	BREAKFAST		LUNCH (Menu A)	
MENU DAY 1 Mon. Sept. 2	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SHREDDED BEEF TAMALES CHICKEN TENDER BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	CARROTS, FF or Glazed CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C Tue. Sept. 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL	LEMON PEPPER SALMON POT ROAST MAC & CHEESE HARVARD BEETS CAPRI VEGES, FF WHOLE KERNEL CORN	GREEN BEANS MASHED POTATO BAKED SWEET POTATO
MENU DAY 3 Wed. Sept. 4	BACON SAUSAGE COUNTRY FRIED STEAK SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATO	COLE SLAW POTATO CHIPS GRILLED YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 Thur. Sept. 5	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF MASHED POTATO BROCCOLI or w/cheese	GARLIC BREAD CARROTS CREAM CORN BAKED POTATO
MENU DAY 5 Fri. Sept. 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	CORN DOGS MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	TATER TOTS BROCCOLI NORMANDY WHITE SWEET CORN BABY CARROTS
MENU DAY 6H Sat. Sept. 7	BACON LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN CORN on COB MASHED POTATO BROCCOLI, LF or with Cheese	BISCUIT GREEN BEANS BAKED POTATO
MENU DAY 7B Sun. Sept. 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER HAMBURGER STEAK MASHED POTATOES/GRAVY SLICED CARROTS, FF GRILLED YELLOW SQUASH	BRUSSEL SPROUTS ITALIAN GREEN BEANS
MENU DAY 8 Mon. Sept. 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	CAPRI BLEND VEGGIES GREEN BEANS, FF MEXICAN RICE
MENU DAY 9 Tue. Sept. 10	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	MEATBALL SUBS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Wed. Sept. 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI PERSONAL PIZZA CHEESE PERSONAL PIZZA OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY MASHED POTATO	CHEESE BREAD STICK COLE SLAW HUSH PUPPIES BAKED POTATO CARROTS
MENU DAY 11 Thur. Sept. 12	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM CREAM CORN TURNIP GREENS BAKED SWEET POTATO	FRENCH FRIES MASHED POTATOES BABY CARROTS BROCCOLI SOUP

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