STEPHENS COUNTY HOSPITAL, CAFETERIA MENU August 9th – August 19th

DATE	BREA	KFAST	LUNCH	(Menu B)
MENU DAY 1 Sat Aug 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Sun Aug 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HAM & CHEESE CROISSANT BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN	CHIPS HARVARD BEETS BAKED SWEET POTATO CREAM OF BROCCOLI SOUP
MENU DAY 3 Mon Aug 11	BACON SAUSAGE 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 YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Tue Aug 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauc	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Wed Aug 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	FRENCH FRIES BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6A Thurs Aug 14	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	BLUEBERRY SCONES fresh baked FRESH FRUIT	STUFFED PEPPERS ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese	YEAST ROLLS CREAM CORN MASHED POTATOES
MENU DAY 7B Fri Aug 15	WHITE/WHEAT TOAST BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY COLD CEREAL CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	RICE, FF w/ Gravy GRILLED CHEESE HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	MEXICAN RICE CHIPS SAUTEED ONIONS ITALIAN GREEN BEANS TOMATO SOUP
MENU DAY 8 Sat Aug 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sun Aug 17	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Mon Aug 18	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	CHIPS BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Tue Aug 19	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARDEN BURGERS BAKED HAM M TURNIP GREENS CO	HIPS ASHED POTATOES ORN on COB REAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU ${ m Aug}~20^{TH} - { m Aug}~30^{th}$

DATE	BREA	KFAST	LUNCH	(Menu B)
	BACON	APPLE TURNOVERS	SALMON PATTIES	
MENU DAY 1	SAUSAGE	fresh baked	OVEN FRIED CHICKEN TENDERS	
DATI	SCRAMBLED EGGS	EDEGII EDIUE	BAKED CHICKEN, LF	CARROTS, GLAZED or LF
Wed	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI, LF or w/Cheese	MASHED POTATO
Aug 20	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	RICE, FF w/Gravy	CREAM CORN
MENU	HAM & BACON	BROWN SUGAR SCONES	CHICKEN WRAPS	CHIPS
DAY 2C	SAUSAGE	fresh baked	BEEF TIPS over NOODLES	
D/11 2C	SCRAMBLED EGGS GRITS/OATMEAL	FRESH FRUIT VARIETY COLD CEREAL	MASHED POTATOES	
Thurs	WHITE/WHEAT TOAST	PANCAKES	CAPRI BLEND VEGETABLES WHITE SWEET CORN	HARVARD BEETS
Aug 21	WIIIIE/WIIEAI IOASI	TANCAKES	TOMATO FLORENTINE SOUP	BAKED SWEET POTATO
	BACON	CRANORANGE MUFFINS	PECAN CRUSTED TILAPIA	CHIPS
MENU	SAUSAGE	fresh baked	BBQ PORK on BUN	COLE SLAW
DAY	SCRM. EGGS w/CHEESE		PORK ROAST, LF	ROASTED POTATOES
3 Fri	GRITS/OATMEAL	FRESH FRUIT	BRUNSWICK STEW	SPINACH
Aug 22	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	YELLOW SQUASH, reg. & FF	ENGLISH PEAS
	HAM & BACON	BLUEBERRY MUFFINS	SPAGHETTI over NOODLES	GARLIC BREAD
MENU	SAUSAGE		POT ROAST, LF	CREAM CORN
DAY 4	SCRAMBLED EGGS		CARROTS, FF or Glazed	MASHED POTATO
Sat	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI, FF or with Cheese Sauce	BAKED POTATO
Aug 23	WHITE/WHEAT TOAST	VARIETY COLD CEREAL		
	BACON	CHOCOLATE MUFFINS	OVEN FRIED CHICKEN TENDERS	
MENU DAY 5	SAUSAGE		MEATLOAF	
DAIS	SCRAMBLED EGGS	HASH BROWN POTATOES	LIMA BEANS	BABY CARROTS
Sun	GRITS/OATMEAL	FRESH FRUIT	RED SKIN POTOATOES	BROCCOLI NORMANDY
Aug 24	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATO	CORN on COB
	BACON	BLUEBERRY SCONES	PEPPERONI OR CHEESE PIZZA	
MENU DAY 6H	LINK SAUSAGE	fresh baked	COUNTRY FRIED STEAK	
DAI OH	SAUSAGE		BAKED CHICKEN	CDE AM CODY
Mon	SCRAMBLED EGGS GRITS/OATMEAL	FRESH FRUIT	GREEN BEANS BROCCOLI, LF or w/Cheese	CREAM CORN MASHED POTATOES
Aug 25	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	RICE, FF w/ Gravy	MASUED LOTATOES
	BACON	CRANORANGE MUFFINS	BUFFALO CHICKEN WINGS	MEXICAN CORNBREAD
MENU	SAUSAGE	fresh baked	HAMBURGER STEAK	MLAICAN COMIDREAD
DAY 7 B	SCRAMBLED EGGS	COUNTRY FRIED STEAK	MASHED POTATOES/GRAVY	SAUTEED ONIONS
т	GRITS/OATMEAL	FRESH FRUIT	YELLOW SQUASH	ITALIAN GREEN BEANS
Tue Aug 26	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	BABY CARROTS LF, or Glazed	PINTO BEANS
	BACON	CINNAMON ROLLS	QUICHE LORRAINE	
MENU	SAUSAGE	fresh baked	POT ROAST	
DAY 8	SCRAMBLED EGGS		SCALLOPED POTATOES	BRUSSEL SPROUTS
Wed	GRITS/OATMEAL	FRESH FRUIT	CORN on COB	GREEN BEANS
Aug 27	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CAPRI VEGGIE BLEND	MASHED POTATOES
Markey	BACON	BLUEBERRY MUFFINS	CHILI CHEESE BEEF TAMALES	
MENU DAY 9	SAUSAGE	fresh baked	OVEN FRIED PORK CHOP	DADY CARROWS AT
DA1 3	SCRM. EGGS w/Cheese	VARIETY COLD CEREAL	GRILLED PORK CHOP, LF	BABY CARROTS, LF
Thurs	GRITS/OATMEAL WHITE/WHEAT TOAST	HASHBROWNS FRESH FRUIT	ENGLISH PEAS MASHED POTATOES	STEAMED CABBAGE MEXICAN RICE
Aug 28				
MENU	HAM & BACON SAUSAGE	APPLE TURNOVERS	MEAT OR VEGETABLE LASGNA OVEN FRIED COD	GARLIC BREAD
DAY 10	SCRAMBLED EGGS	fresh baked WAFFELS	BAKED CATFISH	BAKED POTATO
	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI NORMANDY	CARROTS, glazed or LF
Fri Aug 29	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATO	HUSH PUPPIES
Aug 49	LINK SAUSAGE	BLUEBERRY MUFFINS	HAMBURGER STEAK	
MENU	BACON			ASHED POTATOES
DAY 11	SAUSAGE			RN on COB
Sof	SCRAMBLED EGGS			EAM OF POTATO SOUP
Sat Aug 30	GRITS/OATMEAL	FRESH FRUIT	CAPRI VEGGIES	
	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	I .	

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU ${ m Aug}~31^{st}-{ m Sept}~10^{th}$

DATE	BREA	AKFAST	LUNCH	(Menu B)
MENU DAY 1 Sun Aug 31	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDER BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	RS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Mon Sept. 1	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HOT DOGS HAMBURGERS BAKED BEANS GREEN BEANS CORN ON COB	TATER TOTS MASHED POTATO CARPI VEGGIE BLEND HAVARD BEETS
MENU DAY 3 Tue Sept. 2	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BAKED SALMON BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Wed Sept. 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sau	GARLIC BREAD CREAM CORN MASHED POTATO uce BAKED POTATO
MENU DAY 5 Thurs Sept. 4	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	SPINACH CHEESE RAVIOLI MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	GARLIC BREAD BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Fri. Sept. 5	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE QUESADILLA COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese BLACK BEANS	CREAM CORN MASHED POTATOES MEXICAN RICE
MENU DAY 7B Sat Sept. 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDER HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	RS SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Sun Sept. 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Mon Sept. 8	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHILI CHEESE BEEF TAMALES OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE MEXICAN RICE
MENU DAY 10 Tue Sept. 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	SANDWICH BAR OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Wed Sept. 10	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARDEN BURGERS BAKED HAM TURNIP GREENS	FRENCH FRIES MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE