STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Dec. 28, 2021 – Jan. 7, 2022

DATE		AKFAST	LUNCH	(Menu B)
MENU DAY Tues Dec. 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BEEF TAMALES with Chili & Cheese OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF	RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Wed. Dec. 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL PANCAKES	ITALIAN CHICKEN SANDWICH BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN HARVARD BEETS MASHED POTATOES	POTATO CHIPS
MENU DAY 3 Thurs. Dec. 30	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BAKED POTATO	COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS
MENU DAY 4 Fri. Dec. 31	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN
MENU DAY 5 Sat. Jan. 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	HAPPY NEW BBQ RIBS GRILLED PORK CHOP BABY CARROTS MASHED POTATOES	YEAR! BLACKEYED PEAS COLLARD GREENS COLE SLAW
MENU DAY 6G Sun. Jan. 2	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS	STIR FRY VEGETABLES CREAM CORN MASHED POTATOES
MENU DAY 7A Mon. Jan. 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	FIELD PEAS & SNAPS ITALIAN GREEN BEANS
MENU DAY 8 Tues Jan. 4	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS BRUSSEL SPROUTS
MENU DAY 9 Wed. Jan. 5	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	CHILI & BEANS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS	STEAMED CABBAGE CARROTS, LF
MENU DAY 10 Thurs. Jan. 6	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	WAFFLES CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	NACHO PLATES OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Fri. Jan. 7	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES	POTATO CHIPS BAKED SWEET POTATO

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU January 8 – 18, 2022

DATE		•	AFEIERIA MENU Jan	•
DATE		AKFAST	LUNCH	(Menu C)
MENU DAY 1 Sat Jan. 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF	RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Sun. Jan. 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF	MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 Mon. Jan. 10	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	COLE SLAW POTATO CHIPS ENGLISH PEAS SPINACH BAKED POTATO
MENU DAY 4 Tues. Jan. 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN BAKED POTATO, FF
MENU DAY 5 Wed. Jan. 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES	POTATO CHIPS POTATO SALAD LIMA BEANS, FF BABY CARROTS SWEET POTATO FRIES
MENU DAY 6G Thurs. Jan. 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUNS LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or with Cheese	RICE CORN on COB
MENU DAY 7A Fri. Jan. 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	ORANGE CHICKEN CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF	FRIED RICE EGG ROLL BROCCOLI NORMANDY PINTO BEANS
MENU DAY 8 Sat. Jan. 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 Sun. Jan. 16	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Mon. Jan. 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	MARTIN LUTHER BBQ RIBS BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY GARLIC BREAD	KING, JR DAY BAKED BEANS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Tues. Jan. 18	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF	POTATO CHIPS TURNIP GREENS, FF CREAM CORN

 $LF = LOW \text{ or } LOWER \text{ } FAT \qquad FF = FAT \text{ } FREE$

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU January 19 -29, 2022

DATE	BREA	AKFAST	LUNCH	(Menu A)
MENU DAY 1 Wed. Jan. 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF or CREAM GRAVY CREAM CORN	POTATO CHIPS CARROTS, FF or Glazed BROCCOLI FLORETS, FF or w/Cheese Sauce
MENU DAY 2C Thurs. Jan. 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUN PANCAKES FRESH FRUIT VARIETY COLD CEREAL	TURKEY & CHEESE GRILLED SAN BEEF TIPS over EGG NOODLES CAPRI BLEND VEGGIES., FF HARVARD BEETS, FF CREAM OF BROCCOL SOUP	DWICH POTATO CHIPS WHOLE KERNEL CORN MASHED POTATOES
MENU DAY 3 Fri. Jan. 21	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, FF BAKED POTATOES	COLE SLAW POTATO CHIPS ENGLISH PEAS SPINACH
MENU DAY 4 Sat. Jan. 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI with MEATSAUCE POT ROAST, LF STIR FRY VEGGIES BROCCOLI, LF or w/ Cheese	GARLIC BREAD CREAM CORN CARROTS, LF
MENU DAY 5 Sun. Jan. 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES, FF	POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6G Mon. Jan. 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH LINK SAUSAGE FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS GREEN BEANS BROCCOLI, LF or with Cheese	BAKED CHICKEN MASHED POTATOES CREAM CORN
MENU DAY 7A Tues. Jan. 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	PINTO BEAN ITALIAN GREEN BEANS
MENU DAY 8 Wed. Jan. 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF	CAPRI BLEND VEGGIES GREEN BEANS, FF
MENU DAY 9 Thurs. Jan. 27	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	MEAT LASAGNA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Fri. Jan. 28	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE on CROISSANT SALMON PATTIES BAKED CATFISH, LF RICE PILAF MASHED POTATOES	POTATO CHIPS COLE SLAW GREEN BEANS BROCCOLI, LF or w/Cheese CHICKEN NOODLE SOUP
MENU DAY 11 Sat. Jan. 29	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUN FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF	POTATO CHIPS TURNIP GREENS, FF CREAM CORN

LF = LOW FAT or LOWER FAT FF = FAT FREE