

WEDNESDAY

BREAKFAST

Orange Juice
Cream of Wheat OR Cold Cereal
Baked Muffin OR Toast
Cottage Cheese with Fruit or
Peanut Butter

LUNCH

Tomato Rice Soup
Cheese Omelet with Buttered Wheat Bread
OR
Fish Tacos
Diced Beets OR Spinach & Lettuce Salad
Fruit Cocktail OR Chocolate Mousse

DINNER

Tomato or Apple Juice
BBQ Pork Ribs with
Garlic Whipped Potatoes
OR
Vegetarian Sloppy Joe on a
Hamburger Bun

Buttered Squash AND Garden Salad
Warmed Fruit Pie with Vanilla Ice Cream
OR Honeydew Melon