

**EMERGENCY MENU (NO UTILITIES)**

<b>WEEK #1</b>		<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>BREAKFAST</b>	<b>ASSORTED JUICE FRUIT offered daily</b>	Canned Apple / Orange / Prune Stewed Prunes	Canned Apple / Orange / Prune Stewed Prunes	Canned Apple / Orange / Prune Stewed Prunes
	<b>COLD CEREAL or HOT CEREAL</b>	Rice Krispies Instant Oatmeal	Bran Flakes Instant Oatmeal	Corn Flakes Instant Oatmeal
	<b>MILK</b>	Skim Milk	Skim Milk	Skim Milk
	<b>BREAD</b>	Bread (White or W.W.)	Bread (White or W.W.)	Bread (White or W.W.)
	<b>SPREADS</b>	Assorted Jam/Peanut Butter	Assorted Jam / Peanut Butter	Assorted Jam / Peanut Butter
<b>LUNCH</b>	<b>AST JUICE</b>	Apple, Orange, Cranberry	Apple, Orange, Cranberry	Apple, Orange, Cranberry
	<b>SOUP</b>	Canned Cr. Of Tomato	Canned Cr. Of Mushroom	Canned Celery
	<b>ENTRÉE</b>	Cheese Sandwich	Tuna Sandwich	Peanut Butter Sandwich
	<b>ALT. ENTRÉE</b>	Pickled Beets	4 Bean Salad	Apple Slices
	<b>DESSERT</b>	Canned Peaches	Canned Chocolate Pudding	Canned Pineapple
	<b>MILK</b>	Skim milk	Skim milk	Skim milk
<b>DINNER</b>	<b>AST. JUICE</b>	Apple / Orange / Cranberry	Apple / Orange / Cranberry	Apple / Orange / Cranberry
	<b>ENTRÉE</b>	Mushroom Alfredo Penne	Pork and Beans	Macaroni and Cheese
	<b>STARCH</b>	Ast. Bread/ Margarine	Ast. Bread/Margarine	Ast. Bread/Margarine
	<b>VEGETABLE</b>	Green Beans	Diced Carrots	Green Peas
	<b>DESSERT</b>	Mandarins	Fruit Cocktail	Lemon Pudding
	<b>Milk</b>	Skim Milk	Skim Milk	Skim Milk