

Emergency Menu (No utilities)

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

WEEK #1		DAY 1	DAY 2	DAY 3
	STARCH	Ast. Bread/ Margarine	Ast. Bread/Margarine	Ast. Bread/Margarine
	VEGETABLE	Green Beans	Diced Carrots	Green Peas
	DESSERT	Mandarins	Fruit Cocktail	Lemon Pudding
	Milk	Skim Milk	Skim Milk	Skim Milk