





	Wheat	Gluten	Soy	Tree Nut	Peanut	Dairy	Egg	Fish	Shellfish	Corn	H.F.C. Syrup
Bowl of Cereal	x	x				x					
Bread Pudding	x	x	x			x	x				
Broccoli and Tomato Wrap	x	x	x				x				
Broccoli Omelet			x				x				
Broccoli, Spinach and Asparagus Omelet			x				x				
Broccoli, Tomato and Feta Cheese Omelet			x			x	x				
Broiled Breast of Chicken (Saturday)			x			x					
Broiled Crab Cake for Salads	x	x	x			x	x		x		
Broiled Filet of Flounder						x		x			
Broiled Filet of Salmon						x		x			
Broiled Flounder and Shrimp						x		x	x		
Broiled Flounder Sandwich <sup>1</sup>						x		x			
Broiled Homemade Crab Cake and Scallops	x	x				x	x		x		
Broiled Homemade Crab Cake and Shrimp	x	x				x	x	x	x		
Broiled Homemade Crab Cakes	x	x	x			x	x		x		
Broiled Jumbo Shrimp						x			x		
Broiled Salmon Filet Sandwich <sup>1</sup>						x		x			
Broiled Salmon for Salads						x		x			
Broiled Sea Scallops						x			x		
Broiled Shrimp and Scallops						x	x		x		
Broiled Shrimp for Salads						x			x		
Broiled Shrimp, Scallops and Crab Cake	x	x	x			x	x	x	x		
Broiled Shrimp, Scallops and Salmon						x		x	x		
Broiled Shrimp, Sea Scallops and Flounder Filet						x		x	x		
Broiled Shrimp, Stuffed Flounder and Sea Scallops	x	x	x			x	x	x	x		
Broiled Stuffed Flounder and Sea Scallops	x	x				x	x	x	x		
Broiled Stuffed Flounder Au Gratin	x	x	x			x	x	x			
Broiled Stuffed Flounder with Crabmeat	x	x	x			x	x	x	x		
Broiled Stuffed Salmon	x	x	x			x	x	x	x		
Broiled Stuffed Shrimp and Salmon	x	x	x			x	x	x	x		
Broiled Stuffed Shrimp and Stuffed Flounder	x	x	x			x	x	x	x		
Broiled Stuffed Shrimp with Crabmeat	x	x	x			x	x		x		
Brown Gravy	x	x	x								
Buffalo Chicken Cheese Steak	x	x	x			x	x				
Buffalo Chicken Salad	x	x	x			x	x				x
Buffalo Chicken Tender Wrap	x	x	x				x				





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Chicken Marsala	x	x	x			x					
Chicken Noodle Soup (Mon. & Wed.)	x	x	x				x				
Chicken Orzo Soup (Sun.)	x	x	x				x				
Chicken Parmigiana	x	x	x			x	x				
Chicken Piccante	x	x	x			x					
Chicken Pot Pie (Sun.)	x	x	x			x					
Chicken Salad and Bacon Club	x	x	x				x				
Chicken Salad and Bacon Wrap <sup>1</sup>			x				x				
Chicken Salad Caribbean			x				x				
Chicken Salad Platter			x				x				
Chicken Salad Sandwich <sup>1</sup>			x				x				
Chicken Swiss and Bacon Burger <sup>1,5</sup>						x	x				
Chicken Tender Parmigiana Sandwich	x	x	x			x	x				
Chicken Tenders	x	x	x			x	x				
Chili			x							x	
Chili Cheese Fries		x	x			x					
Chili Dog	x	x	x								
Chili Wrap	x	x	x								
Chipmunk (Roast Turkey)	x	x	x			x					
Chips & Salasa	x	x								x	
Chocolate Chip Cookie	x	x	x	x		x	x				
Chocolate Chip Hot Cakes	x	x	x	x		x	x				
Chocolate Chip Short Stack	x	x	x	x		x	x				
Chocolate Milk						x					
Chocolate Pudding						x					
Chopped Steak with Fried Onions	x	x	x				x				
Chopped Turkey for Salads											
Cinnamon Bun	x	x	x	x		x	x			x	x
Clams and Spaghetti in Red Sauce	x	x	x						x		
Clams and Spaghetti in White Sauce	x	x	x						x		
Cobb Salad						x	x				
Coconut French Toast	x	x	x			x	x				
Coffee											
Cold Meatloaf Sandwich	x	x	x			x	x				
Coleslaw			x				x				
Corn Bread	x	x	x			x	x			x	







	Wheat	Gluten	Soy	Tree Nut	Peanut	Dairy	Egg	Fish	Shellfish	Corn	H.F.C. Syrup
Grilled Chicken Breast with Bacon Club	x	x	x								
Grilled Greek Salad Wrap	x	x	x			x	x				
Grilled Hamburger for Salads											
Grilled Patty Melt with Swiss <sup>5</sup>	x	x				x					
Grilled Vegetable Sandwich <sup>1</sup>			x								
Grilled Vegetable Wrap	x	x	x								
Guacamole											
Half Cantaloupe (in Season)											
Half Cantaloupe (With Cottage Cheese or Ice Cream)						x	x				
Half Grapefruit											
Ham											
Ham & Cabbage (Wed.)											
Ham and American Cheese Club <sup>3</sup>	x	x				x					
Ham Omelet			x				x				
Ham Sandwich <sup>1</sup>											
Ham Steak											
Ham Steak and Two Eggs			x				x				
Ham Wrap	x	x	x				x				
Hamburger and Bacon Club <sup>3</sup>	x	x									
Hamburger <sup>1</sup>											
Hoagie Roll	x	x	x			x				x	
Home Fries			x								
Homemade Chicken Burger <sup>1</sup>							x				
Homemade Chicken Cheese Steak <sup>1</sup>			x			x	x				
Homemade Creamed Chip Beef	x	x	x			x					
Homemade Eggplant Parmigiana	x	x	x			x	x				
Homemade Lasagna	x	x	x			x	x				
Homemade Stuffed Eggplant	x	x	x			x	x				
Honey Dipped Chicken	x	x	x								
Honey Mustard Chicken Bacon Wrap	x	x	x				x				
Honey Mustard Chicken Salad	x	x	x			x	x				x
Honey Mustard Dressing			x			x	x				x
Hot Chocolate						x					
Hot Dog <sup>1</sup>			x								x
Hot Meatloaf Sandwich	x	x	x			x	x				
Hot Roast Beef Sandwich	x	x	x			x					









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Roast Loin of Pork (Sat.)										x	
Roast Sirloin of Beef			x								
Roast Turkey with Stuffing	x	x	x			x					
Roasted Chicken											
Roll and Butter	x	x	x			x	x				
Russian Dressing			x				x				x
Salisbury Steak (Mon.)	x	x	x				x				
Salmon Hollandaise						x	x	x			
Salsa											
Sausage											x
Sausage Omelet			x				x				
Sausage Wrap	x	x	x				x				
Sautéed Chicken and Broccoli	x	x	x			x					
Scallops Scampi	x	x				x			x		
Scrapple	x	x	x								
Sheppard's Pie (Tues.)	x	x	x			x					
Short Stack of French Toast	x	x	x			x	x				
Short Stack of Pancakes	x	x	x	x		x	x				
Short Stack with Home Made Cream Chipped Beef	x	x	x	x		x	x				
Shrimp	x	x	x			x	x		x		
Shrimp and Broccoli Scampi	x	x	x			x			x		
Shrimp Fra Diabolo		x	x						x		
Shrimp Scampi	x	x				x			x		
Shrimp, Scallops and Clams in Red Sauce		x	x						x		
Shrimp, Scallops and Clams in White Sauce		x	x			x			x		
Single Crunchy French Toast	x	x	x			x	x				
Single French Toast	x	x	x			x	x				
Single Hot Pancake	x	x	x			x	x				
Single Pork Chop	x	x	x								
Snapper Turtle Soup	x	x	x			x	x		x		
Soda											x
Spaghetti	x	x	x			x					
Spaghetti Aglio e Olio	x	x	x								
Spaghetti and Broccoli in Red Sauce	x	x	x			x					
Spaghetti and Broccoli in White Sauce	x	x	x			x					
Spaghetti and Italian Sausage	x	x	x			x					



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Spaghetti and Meatball	x	x	x			x	x				
Spaghetti Marinara	x	x	x			x					
Spaghetti or Penne Pasta	x	x									
Spanish Omelet		x	x				x				
Spider Man (Chicken Parm)	x	x	x			x	x				
Spinach and Tomato Wrap	x	x	x				x				
Spinach Omelet			x				x				
Spinach Salad							x				
Spinach, Tomato and Feta Cheese Omelet			x			x	x				
Split Pea Soup (Wed.)			x								
Spongebob (Fried Shrimp)	x	x	x			x	x		x		
Spring Salad			x	x							
Steak and Cake	x	x	x			x	x		x		
Steak and Eggs			x				x				
Steak and Shrimp	x	x	x			x	x		x		
Steak and Stuffed Flounder	x	x	x			x	x	x	x		
Steak and Stuffed Mushroom	x	x	x			x	x		x		
Steak Hoagie <sup>1</sup>			x								
Steak Sandwich <sup>1,5</sup>											
Strawberry Blue Cheese Salad				x		x					
Strawberry Filling											x
Stuffed French Toast w/Cream Cheese	x	x	x	x	x	x	x				
Stuffed French Toast w/Nutella	x	x	x	x	x	x	x				
Stuffed French Toast w/Peanutbutter	x	x	x	x	x	x	x				
Stuffed Mushrooms with Crabmeat	x	x	x			x	x		x		
Stuffed Peppers (Thurs.)			x			x					
Stuffing	x	x	x			x					x
Swiss Cheese Sandwich <sup>1,5</sup>						x					
Taco Salad						x				x	
Tater Tots		x	x								
Tea											
Tomato Juice											
Tomato Omelet			x				x				
Tomato Sandwich											
Tomato Sauce			x			x				x	
Tuna Salad and Hard Boiled Egg Club	x	x	x				x	x			

