

Jekyll 4-H - *SAMPLE MENU ONLY*

(This is not a guarantee of food provided - these are only examples of possibilities).

	Breakfast	Lunch	Dinner
Monday	Steak Biscuit Honey Bun Fruit Cereal Milk/Juice	Chicken Tenders Corn Green Beans Salad Rolls Ice Cream Punch/Water	Spaghetti Meat & no-meat sauce Garlic Bread Salad Jello Punch/Water
Tuesday	Scrambled Eggs Grits Biscuits Sausage Fruit Milk/Juice	Pizza Bread Sticks Salad Fruit Ice Cream Punch/Water	Sliced Turkey Mashed Potatoes Green Peas Salad Roll Cake Punch/Water
Wednesday	French Toast Smoked Sausage Fruit Cereal Milk/Juice	Hot Dogs Potato Chips Slaw Applesauce Shape-ups Punch/Water	Pork Chops Rice Black-eyed Peas Salad Roll Cake Punch/Water
Thursday	Scrambled Eggs Hash Browns Sausage Biscuits Milk/Juice	Tacos Shredded Lettuce Diced Tomatoes Shredded Cheese Tortilla Chips Ice Cream Punch/Water	Baked Chicken Mac & Cheese Green Beans Rolls Salad Cake Punch/Water
Friday	French Toast Smoked Sausage Fruit Cereal Milk/Juice	Hamburgers Lettuce/Tomato Cheese Slice French Fries Fruit Brownies Punch/Water	