

**Jekyll Island 4-H Center
Sample Menu**

This is not a guarantee of food provided – these are only examples of possibilities

	Breakfast	Lunch	Dinner
M	Steak Biscuit	Hamburgers	Spaghetti
O	Honey Bun	Lettuce/Tomato/Cheese	W/Meat Sauce
N	Cereal	French Fries	Garlic Bread
D	Milk	Salad	Salad
A	Juice	Ice Cream	Jello
Y		Punch/Tea	Punch/Tea
T	Scrambled Eggs	Pizza	Steak Fritters
U	Grits	Garlic Bread	Mashed Potatoes
E	Biscuits	Salad	Green Beans
S	Sausage	Ice Cream	Salad
D	Milk	Fruit	Roll
A	Fruit	Punch	Chocolate Pudding
Y	Juice		Punch/Tea
W	French Toast	Hot Dogs	Spaghetti
E	Sausage	Slaw	W/Meat Sauce
D	Fruit	Potato Chips	Garlic Bread
N	Cereal	Applesauce	Salad
E	Milk	Shape Ups	Jello
S	Orange Juice	Punch/Tea	Punch/Tea
D			
A			
Y			
T	Scrambled Eggs	Tacos	Pork Chops
H	Hash Browns	Shredded Lettuce	Mashed Potatoes
U	Sausage	Shredded Cheese	Green Peas
R	Biscuits	Diced Tomato	Roll
S	Milk	Tortilla Chips	Salad
D	Juice	Rice	Cake
A		Punch/Snack	Punch
Y			
F	French Toast	Hamburgers	
R	Sausage	Lettuce/Tomato/Cheese	
I	Fruit	French Fries	
D	Cereal	Fruit	
A	Milk	Ice Cream	
Y	Juice	Tea/Punch	