

CASY Lunch/Supper Master Menus

Revised October 2003

Lunch/Supper Components: 1. Milk 2. Meat, Poultry, Fish, Cheese, Eggs, Dry Beans/Peas, or Peanut Butter
3. Bread, Pasta, or Grain 4. Fruit or Vegetable 5. Second Fruit or Vegetable

<ol style="list-style-type: none"> 1. Milk 2. Fish Sticks 3. Cornbread 4. Potatoes or Tomato slices 5. Green salad Mixed Fruit <p style="text-align: right;">#200</p>	<ol style="list-style-type: none"> 1. Milk 2. BBQ Cups (Gr. Beef and Cheese Mix) 3. Biscuit 4. Peas or Celery 5. Apples or Watermelon <p style="text-align: right;">#201</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken Nuggets 3. Bread 4. Corn or French Fries 5. Watermelon or Strawberries <p style="text-align: right;">#202</p>	<ol style="list-style-type: none"> 1. Milk 2. Salisbury Steak 3. Hot Roll 4. Potatoes or Peas N' Carrots 5. Applesauce or Apricots <p style="text-align: right;">#203</p>	<ol style="list-style-type: none"> 1. Milk 2. Cheeseburger 3. Bun 4. French Fries or Lettuce/Tomato 5. Fruit Salad or Grapes <p style="text-align: right;">#204</p>
<ol style="list-style-type: none"> 1. Milk 2. H.M. Turkey or Chicken Pot Pie 3. Pie Crust 4. Broccoli w/ cheese or Baked Beans 5. Banana or Apple <p style="text-align: right;">#205</p>	<ol style="list-style-type: none"> 1. Milk 2. Beef N' Noodles 3. Noodles 4. Mashed Potatoes or Green Beans 5. Apple or 6. Orange Devilled Egg as helper <p style="text-align: right;">#206</p>	<ol style="list-style-type: none"> 1. Milk 2. Ham Slice 3. Bread 4. Carrots or Squash 5. Fruit Cocktail or Tangerines <p style="text-align: right;">#207</p>	<ol style="list-style-type: none"> 1. Milk 2. Meatloaf 3. Bread or Roll 4. Tossed Salad or Green Beans 5. Broccoli or Cauliflower <p style="text-align: right;">#208</p>	<ol style="list-style-type: none"> 1. Milk 2. Tuna Casserole 3. Noodles 4. Mushrooms or Pickle 5. Peaches or Pears <p style="text-align: right;">#210</p>
<ol style="list-style-type: none"> 1. Milk 2. Egg w/ cheese 3. Bagel 4. Potatoes or Carrots 5. Banana or Pineapple <p style="text-align: right;">#211</p>	<ol style="list-style-type: none"> 1. Milk 2. Hot dog 3. Bun 4. Celery or Carrots 5. Grapes or Peaches <p style="text-align: right;">#212</p>	<ol style="list-style-type: none"> 1. Milk 2. Taco w/ Beef 3. Tortilla Shell 4. Salad or Corn 5. Kiwi or Melon <p style="text-align: right;">#213</p>	<ol style="list-style-type: none"> 1. Milk 2. Turkey 3. Angel Pasta 4. Peas or Squash 5. Apples or Pears <p style="text-align: right;">#214</p>	<ol style="list-style-type: none"> 1. Milk 2. Lasagna w/ Beef 3. Noodles 4. Corn or Lettuce Salad 5. Applesauce or Fruit Cocktail <p style="text-align: right;">#215</p>

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1. Milk 2. Polish Sausage 3. Bun 4. Fried Potatoes or Sauerkraut 5. Peaches or Pineapple <p style="text-align: right;">#216</p>	1. Milk 2. Mozzarella Sticks 3. Spaghetti O's 4. Potato Salad or Celery 5. Oranges or Apples <p style="text-align: right;">#217</p>	1. Milk 2. Cheese 3. Crackers 4. Carrots or Cucumbers 5. Grapes or Fried Apples <p style="text-align: right;">#218</p>	1. Milk 2. Tacos w/ chicken 3. Taco Shell 4. Lettuce/Tomato or Green Beans 5. Applesauce or Fruit Cup <p style="text-align: right;">#220</p>	1. Milk 2. Swiss Steak 3. Rice 4. Mixed Veggies or Peas 5. Peaches or Pears <p style="text-align: right;">#221</p>
1. Milk 2. Baked Chicken 3. Bread 4. Sweet Potatoes or Corn 5. Cantaloupe or Pineapple <p style="text-align: right;">#222</p>	1. Milk 2. Chili Soup w/ Beans & Beef 3. Crackers 4. Salad or Peas 5. Pears or Cranberries <p style="text-align: right;">#223</p>	1. Milk 2. Tuna 3. Pita Bread 4. Carrots or Celery 5. Watermelon or Apples <p style="text-align: right;">#224</p>	1. Milk 2. Meatballs 3. Rice 4. Baked Beans or Cauliflower 5. Pineapple or Peaches <p style="text-align: right;">#225</p>	1. Milk 2. Grilled Cheese 3. Bread 4. Green Beans or Corn 5. Apple or Orange Cottage Cheese as helper <p style="text-align: right;">#226</p>
1. Milk 2. Chicken Salad 3. Crescent Roll 4. Mixed Veggies or Pickle 5. Applesauce or Dates <p style="text-align: right;">#227</p>	1. Milk 2. BBQ Pork 3. Bun 4. Beets or French Fries 5. Corn or Applesauce <p style="text-align: right;">#228</p>	1. Milk 2. Sausage Patty 3. Muffin 4. Fried Potatoes or Hashbrowns 5. Peaches or Pears <p style="text-align: right;">#230</p>	1. Milk 2. Chicken Tenders 3. Mac. N' Cheese 4. Green Beans or Spinach 5. Corn or Peaches <p style="text-align: right;">#231</p>	1. Milk 2. Ham & Beans 3. Cornbread 4. Squash or Sweet Potatoes 5. Fruit Salad Tomatoes <p style="text-align: right;">#232</p>

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6. Milk 7. Ground Beef 8. Spaghetti 9. Salad or Green Beans 10. Pears or Oranges #233	1. Milk 2. Turkey 3. Roll 4. Peas or Carrots 5. Banana or Grapes #234	1. Milk 2. Sausage Pizza 3. Crust 4. Corn or Celery 5. Apple or Orange Cheese Slice as Helper #235	1. Milk 2. Fried Chicken 3. Rice 4. Mashed Potatoes or Tomatoes 5. Pears or Peaches #236	1. Milk 2. Bologna N' Cheese 3. Bread 4. Corn or Peas 5. Applesauce or Pineapple #237
1. Milk 2. Scrambled Eggs and Sausage 3. Toast 4. Tator Tots or Hashbrowns 5. Apples or Pears #238	1. Milk 2. Chicken Patty 3. Bun 4. Onion Rings or French Fries 5. Peaches or Grapes #240	1. Milk 2. Popcorn Shrimp 3. Crescent Rolls 4. Peas or Green Beans 5. Mixed Fruit or Banana #241	1. Milk 2. Sloppy Joe 3. Bread 4. Corn or French Fries 5. Fruit Salad or Apples #242	1. Milk 2. Sausage 3. Cornbread 4. Squash or Sweet Potatoes 5. Carrots or Celery #243
1. Milk 2. Cottage Cheese 3. Ramen Noodles 4. Green Beans or Peas 5. Pineapple or Apricots #244	1. Milk 2. Salmon Patties 3. Bread 4. Spinach or Carrots 5. Oranges or Apples #245	1. Milk 2. Turkey Roast 3. Bread Stuffing 4. Potatoes or Corn 5. Cranberry Sauce or Prunes #246	1. Milk 2. Ham 3. Pancakes 4. Hashbrowns or Tator Tots 5. Peaches or Blueberries #247	1. Milk 2. Yogurt 3. Graham Crackers 4. Carrots or Celery 5. Grapes or Pears #248

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<ol style="list-style-type: none"> 1. Milk 2. Sausage Links 3. Oatmeal 4. Peaches or Oranges 5. Applesauce or Banana <p style="text-align: right;">#250</p>	<ol style="list-style-type: none"> 1. Milk 2. Ham Salad 3. Bagel Chips 4. Peas or Carrots 5. Strawberries or Apricots <p>Cottage Cheese as Helper #251</p>	<ol style="list-style-type: none"> 1. Milk 2. Corn Dog 3. Corn Dog Wrap 4. Salad or Green Beans 5. Pears or Pineapple <p style="text-align: right;">#252</p>	<ol style="list-style-type: none"> 1. Milk 2. Egg Salad w/ Cheese Slice 3. Croissant 4. Carrot Sticks or Celery 5. Grapes or Prunes <p style="text-align: right;">#253</p>	<ol style="list-style-type: none"> 1. Milk 2. Roast Beef 3. Cornbread 4. Baked Potato or Broccoli 5. Fruit Cup or Peaches <p style="text-align: right;">#254</p>
<ol style="list-style-type: none"> 1. Milk 2. Ham or Canadian Bacon 3. French Toast 4. Blueberries or Strawberries 5. Melon or Pears <p style="text-align: right;">#255</p>	<ol style="list-style-type: none"> 1. Milk 2. H.M Chicken N' Noodles 3. Hot Rolls 4. Celery 5. Fruit Cup <p>Boiled Egg as helper #256</p>	<ol style="list-style-type: none"> 1. Milk 2. Braunschweiger 3. Bread or Bun 4. Green Beans or Salad 5. Fruit Salad or Applesauce <p style="text-align: right;">#257</p>	<ol style="list-style-type: none"> 1. Milk 2. Pot Roast 3. Hot Rolls 4. Carrots or Potatoes 5. Green Beans or Pears <p style="text-align: right;">#258</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken or Beef Cho Mein 3. Cho Mein Noodle 4. Celery or Carrots 5. Mushrooms or Pineapple <p style="text-align: right;">#260</p>
<ol style="list-style-type: none"> 1. Milk 2. Pork Chops 3. Stuffing/Dressing 4. Fried Potatoes or Sweet Potatoes 5. Applesauce or Pineapple <p style="text-align: right;">#261</p>	<ol style="list-style-type: none"> 1. Milk 2. String Cheese 3. Crackers 4. Vegetable Soup 5. Fruit Cup or Pears <p style="text-align: right;">#262</p>	<ol style="list-style-type: none"> 1. Milk 2. Fish Fillets 3. Hushpuppies 4. Cole Slaw or Corn 5. Strawberries or Peaches <p style="text-align: right;">#263</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken Stir-Fry 3. Rice 4. Celery, Onions, Broccoli and Cauliflower Mixture 5. Peaches or Pears <p style="text-align: right;">#264</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken 3. Dumplings 4. Mashed Potatoes Green Beans 5. Peaches or Apples <p style="text-align: right;">#265</p>

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<ol style="list-style-type: none"> 1. Milk 2. Hot Dog 3. Macaroni & Cheese 4. Corn or Carrots 5. Peaches or Applesauce <p style="text-align: right;">#266</p>	<ol style="list-style-type: none"> 1. Milk 2. Egg Omelet 3. Toast 4. Green Peppers or Tomatoes 5. Strawberries or Baked Apples <p style="text-align: right;">#267</p>	<ol style="list-style-type: none"> 1. Milk 2. Ham Cubes & Egg 3. Croutons/Crackers 4. Lettuce, Carrots Cucumbers 5. Cherry Tomatoes or Pineapple <p>*Chef Salad</p> <p style="text-align: right;">#268</p>	<ol style="list-style-type: none"> 1. Milk 2. English Muffin Pizza Sausage/Pepperoni/cheese 3. English Muffin 4. Mushrooms or Cucumbers 5. Pineapple or Pears <p style="text-align: right;">#270</p>	<ol style="list-style-type: none"> 1. Milk 2. Ham N' Cheese 3. Soft Tortillas 4. Carrots or Peas 5. Applesauce or Peaches <p style="text-align: right;">#271</p>
<ol style="list-style-type: none"> 1. Milk 2. Pork Tenderloins 3. Bun 4. French Fries or Onion Rings 5. Peaches or Pineapple <p style="text-align: right;">#272</p>	<ol style="list-style-type: none"> 1. Milk 2. Beans N' Weenies 3. Cornbread 4. Mixed Veggies or Green Beans 5. Pears or Apple <p style="text-align: right;">#273</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken Strips 3. Garlic Bread 4. Salad or Green Beans 5. Tator Tots or French Fries <p style="text-align: right;">#274</p>	<ol style="list-style-type: none"> 1. Milk 2. Peanut Butter and Jelly Sandwich 3. Bread 4. Peas or Carrots 5. Applesauce <p>String Cheese as Helper</p> <p style="text-align: right;">#275</p>	<ol style="list-style-type: none"> 1. Milk 2. Refried Beans 3. Taco Shell 4. Corn or Peas 5. Banana or Apple <p style="text-align: right;">#276</p>
<ol style="list-style-type: none"> 1. Milk 2. Popcorn Chicken 3. Ramen Noodles 4. Green Beans or Carrots 5. Peaches or Melon <p style="text-align: right;">#277</p>	<ol style="list-style-type: none"> 1. Milk 2. Spaghetti w/ Ground Beef 3. Garlic Bread 4. Spaghetti Sauce 5. Tossed Salad <p>Cottage Cheese as helper</p> <p style="text-align: right;">#278</p>	<ol style="list-style-type: none"> 1. Milk 2. Turkey Sloppy Joes 3. Bun 4. Onion Rings or French Fries 5. Applesauce or Pears <p style="text-align: right;">#280</p>	<ol style="list-style-type: none"> 1. Milk 2. Sausage Patty 3. English Muffin 4. Hashbrowns or Grapes 5. Cantaloupe or Strawberries <p style="text-align: right;">#281</p>	<ol style="list-style-type: none"> 1. Milk 2. Chicken 3. Fettuccini 4. Carrots or Tomato Slices 5. Orange or Kiwi <p style="text-align: right;">#282</p>

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1. Milk 2. Corn Dog 3. Mac N' Cheese 4. Mixed Veggies or Corn 5. Peaches or Applesauce <div style="text-align: right;">#283</div>	1. Milk 2. Beef Patties 3. Cornbread 4. Sweet Potatoes or French Fries 5. Pineapple or Apple <div style="text-align: right;">#284</div>	1. Milk 2. Cheese Pizza 3. Crust 4. Corn or Green Beans 5. Fruit Cocktail or Pears Cottage Cheese as helper <div style="text-align: right;">#285</div>	1. Milk 2. Cheese Sticks 3. Ramen Noodles 4. Peas or Carrots 5. Apple or Orange <div style="text-align: right;">#286</div>	1. Milk 2. Beef Stew 3. Bread 4. Green Beans or Carrots 5. Peaches or Pears Cheese Slice as Helper <div style="text-align: right;">#287</div>
1. Milk 2. Tuna Casserole 3. Noodles 4. Peas or Carrots 5. Peaches or Applesauce Cheese Slice as Helper <div style="text-align: right;">#288</div>				

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