

**Sample 2-Week Military Menu, Deluxe Plan B****DAY 1***(Assuming First Meal is Dinner)***Dinner**

Lasagna  
 Green Beans  
 Garlic Bread  
 Margarine  
 Assorted Breads  
 Assorted Salads  
 Milk  
 Fruit drink  
 Banana Torte

**DAY 2****Breakfast**

Scrambled Eggs  
  
 Bacon  
 French Toast  
 Dry Cereal  
 Fruit Juice  
 Milk  
 Coffee  
 Fresh Fruit  
 Syrup

**Lunch**

Pulled Pork  
 Sandwiches  
 Baked Beans  
 Assorted Salads  
 Dessert  
 Fruit Drink  
 Milk

**Dinner**

Grilled Pork Chops  
  
 AuGratin Potatoes  
 Corn/Peas  
 Assorted Breads  
 Assorted Salads  
 Margarine  
 Cake  
 Milk  
 Fruit drink

**DAY 3****Breakfast**

Hashbrowns  
 Scrambled Eggs  
 Grilled Ham Slices  
 Dry Cereal  
 Fruit Juice  
 Milk  
 Coffee  
 Fresh Fruit

**Lunch**

Taco Bar  
 Assorted Salads  
 Fruit Drink  
 Milk  
 Dessert

**Dinner**

Roasted Chicken  
 Mashed Potatoes & Gravy  
 Green Beans/Mixed Veggies  
  
 Assorted Salads  
 Margarine  
 Cookies & Ice Cream  
 Milk  
 Fruit drink  
 Assorted Breads

**DAY 4****Breakfast**

Sausage Gravy  
 Biscuits  
 Scrambled Eggs  
 Toast/Pastries/Muffins

**Lunch**

Submarine Sandwiches  
 Assorted Salads  
 Fruit Drink  
 Milk

**Dinner**

Grilled Steak  
 Baked Potato  
 Green Beans/Corn  
 Assorted Breads

**Sample 2-Week Military Menu, Deluxe Plan B****DAY 4 - Continued**

Fruit Juice	Dessert	Assorted Salads
Milk		Margarine
Coffee		Assorted Cookies & Ice Cream
Fresh Fruit		Milk
Dry Cereal		Fruit drink

**DAY 5**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs	Sloppy Joes	Ham Steaks
Sausage Links	Assorted Salads	Scalloped Potatoes
Pancakes	Fruit Drink	Carrots/Corn
Coffee	Milk	Assorted Salads
Dry Cereals	Dessert	Margarine
Fresh Fruit		Ice Cream with Various Toppings
Milk		Milk
		Fruit drink

**DAY 6**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs	Fajita Bar	Spaghetti
Bacon	Assorted Salads	Meat Sauce
American Fries	Fruit Drink	Green Beans
Dry Cereal	Milk	Garlic Bread
Fruit Juice	Dessert	Assorted Salads
Milk		Cake & Frosting
Coffee		Margarine
Fresh Fruit		Cake
		Milk
		Fruit drink

**DAY 7**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs	Pizza	Salisbury Steak
Sausage Gravy	Assorted Salads	Corn/Green Beans
Biscuits	Fruit Drink	Assorted Breads
Toast/Pastries	Milk	Assorted Salads
Fruit Juice	Dessert	Margarine
Milk		Brownies
Coffee		

## Sample 2-Week Military Menu, Deluxe Plan B

## DAY 7 - Continued

Fresh Fruit

Milk  
Fruit drink

## DAY 8

**Breakfast**Scrambled Eggs  
Grilled Ham  
French Toast  
Dry Cereal  
Fruit Juice  
Milk  
Coffee  
Fresh Fruit**Lunch**Chicken Sandwiches  
Assorted Salads  
Fruit Drink  
Milk  
Dessert**Dinner**Roast Beef  
AuGratin Potatoes  
Corn  
Tossed Salads  
Salad Dressings  
Margarine  
Assorted Breads  
Milk  
Fruit drink  
Brownies

## DAY 9

**Breakfast**Scrambled Eggs  
Hashbrowns  
Sausage Patties  
  
Muffins  
Fruit Juice  
Milk  
Coffee  
Dry Cereals  
Fresh Fruit**Lunch**Beef Brisket Sand  
Assorted Salads  
Milk  
  
Fruit Drink  
Dessert**Dinner**Roasted Pork Loin  
Mashed Potatoes & Gravy  
Green  
Beans/Corn  
Assorted Breads  
Assorted Salads  
Milk  
Fruit drink  
Ice Cream & Toppings

## DAY 10

**Breakfast**Scrambled Eggs  
Pancakes  
Sausage Links  
Dry Cereal  
Fruit Juice  
Milk  
Coffee  
Fresh Fruit**Lunch**Hot Dogs/Brats  
Assorted Salads  
Fruit Drink  
Milk  
Dessert**Dinner**Lasagna  
Garlic Bread  
Green Beans  
Assorted Breads  
Assorted Salads  
Fruit drink  
Milk  
Cake

## DAY 11

**Breakfast**Scrambled Eggs  
Hashbrowns**Lunch**Taco Bar  
Assorted Salads**Dinner**Beef Brisket/Pulled Pork  
Baked Beans

**Sample 2-Week Military Menu, Deluxe Plan B****DAY 11 - Continued**

Grilled Ham	Fruit Drink	Potato Salad
Dry Cereal	Milk	Assorted Breads
Fruit Juice	Dessert	Fruit drink
Milk		Brownies/Ice Cream
Coffee		Milk
Fresh Fruit		Assorted Salads

**DAY 12**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled eggs	Pulled Pork	Grilled Steak
	Sandwiches	
Sausage Gravy	Assorted Salads	Baked Potato
Biscuits	Fruit Drink	Green Beans/Corn
Dry Cereal	Milk	Assorted Salads
Fruit Juice	Dessert	Assorted Breads
Milk		Milk
Coffee		Fruit drink
Fresh Fruit		Banana Torte

**DAY 13**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs	Pizza	BBQ Chicken Breast
Pancakes	Assorted Salads	Mashed Potatoes & Gravy
Sausage Links	Fruit Drink	Corn/Peas
Toast/Pastries/Muffins	Milk	Assorted Breads
Fruit Juice	Dessert	Assorted Salads
Milk		Milk
Coffee		Fruit drink
Fresh Fruit		Cake
Dry Cereal		

**DAY 14**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Scrambled Eggs	Sloppy Joes	Ribfest
Sausage Gravy	Assorted Salads	Baked Beans
Biscuits	Chips	Potato Salad
Dry Cereals	Fruit Drink	Assorted Breads
Coffee	Milk	Assorted Salads
Fruit Juice		Margarine
Milk		Fruit drink
Coffee		Milk
Fresh Fruit		Assorted Cookies & Ice Cream

**Sample 2-Week Military Menu, Deluxe Plan B**

**DAY 15**

**Breakfast**

Scrambled Eggs

Bacon

French Toast

Fresh Fruit

Dry Cereals

Chilled Juice

Coffee