

Sample 2-Week Military Menu, Standard Plan A

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
 Toast
 Fruit Juice
 Milk
 Coffee
 Dry Cereal
 Syrup

Lunch

Build Own Sandwiches
 Assorted Salads
 Fruit Drink
 Milk
 Chips

Dinner

Turkey A La King
 Penne Pasta
 Vegetable
 Assorted Breads
 Assorted Salads
 Margarine
 Cake
 Milk
 Fruit drink

DAY 3

Breakfast

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

Lunch

Pulled Pork Sandwiches
 Baked Beans
 Cole Slaw
 Milk
 Fruit Drink

Dinner

Beef Stew
 Mashed Potatoes
 Green Beans

 Assorted Salads
 Margarine
 Cake
 Milk
 Fruit drink
 Assorted Breads

DAY 4

Breakfast

Sausage Gravy
 Biscuits
 Scrambled Eggs
 Toast
 Fruit Juice

Lunch

Build Own Sandwich
 Chips
 Assorted Salads
 Fruit Drink
 Milk

Dinner

Spiral Sliced Ham
 Scalloped Potatoes
 Corn
 Assorted Breads
 Assorted Salads

Sample 2-Week Military Menu, Standard Plan A**DAY 4 - Continued**

Milk
Coffee
Dry Cereal

Margarine
Assorted Cookies
Milk
Fruit drink

DAY 5**Breakfast**

Scrambled Eggs
Sausage Links
Pancakes
Syrup
Dry Cereals
Coffee
Milk

Lunch

Taco Bar
Assorted Salads
Chips
Fruit Drink
Milk
Cookies

Dinner

Spaghetti
Meat Sauce
Garlic Bread
Carrots
Assorted Salads
Margarine
Brownies
Milk
Fruit drink

DAY 6**Breakfast**

Scrambled Eggs
Bacon
American Fries
Toast
Fruit Juice
Milk
Coffee
Dry Cereal

Lunch

Build Own Sandwich
Chips
Assorted Salads
Fruit Drink
Milk

Dinner

Roasted Pork Loin

Green Beans
Assorted Breads
Assorted Salads
Cake & Frosting
Margarine
Fruit Drink
Milk

DAY 7**Breakfast**

Scrambled Eggs
Sausage Gravy
Biscuits
Toast
Fruit Juice
Milk
Coffee
Dry Cereal

Lunch

Sloppy Joes
Assorted Salads
Fruit Drink
Milk
Dessert

Dinner

Salisbury Steak
Mashed Potatoes
Corn
Assorted Breads
Assorted Salads
Margarine
Assorted Cookies
Milk
Fruit drink

Sample 2-Week Military Menu, Standard Plan A**DAY 8****Breakfast**

Scrambled Eggs
 Grilled Ham
 French Toast
 Toast
 Fruit Juice
 Milk
 Coffee
 Dry Cereal

Lunch

Build Your Own
 Sandwiches
 Chips
 Assorted Salads
 Fruit Drink
 Milk

Dinner

Roasted Chicken
 Seasoned Rice
 Corn
 Tossed Salads
 Salad Dressings
 Margarine
 Assorted Breads
 Milk
 Fruit drink
 Assorted Cookies

DAY 9**Breakfast**

Scrambled Eggs
 Hashbrowns
 Sausage Patties
 Toast
 Fruit Juice
 Milk
 Coffee
 Dry Cereals

Lunch

Pulled Pork Sandwiches
 Baked Beans
 Cole Slaw
 Fruit Drink
 Milk
 Dessert

Dinner

Roast Beef
 Baked Potato
 Green Beans
 Assorted Breads
 Assorted Salads
 Milk
 Fruit drink
 Cake

DAY 10**Breakfast**

Scrambled Eggs
 Pancakes
 Bacon
 Toast
 Fruit Juice
 Milk
 Coffee
 Dry Cereal

Lunch

Build Your Own Sandwich
 Chips
 Assorted Salads
 Fruit Drink
 Milk

Dinner

Lasagna
 Garlic Bread
 Green Beans
 Assorted Breads
 Assorted Salads
 Fruit drink
 Milk
 Assorted Cookies

DAY 11**Breakfast**

Scrambled Eggs
 Hashbrowns
 Sausage Patties
 Toast
 Fruit Juice
 Milk

Lunch

Chicken Sandwich
 Assorted Salads
 Fruit Drink
 Milk
 Dessert

Dinner

Pepper Steak
 Rice
 Corn
 Assorted Breads
 Fruit drink
 Brownies

Sample 2-Week Military Menu, Standard Plan A

DAY 11 - Continued

Coffee	Milk
Dry Cereal	Assorted Salads

DAY 12

Breakfast	Lunch	Dinner
Scrambled eggs	Build Own Sandwich	Ham
Sausage Gravy	Chips	AuGratin Potatoes
Biscuits	Assorted Salads	Assorted Salads
Toast	Fruit Drink	Assorted Breads
Fruit Juice	Milk	Milk
Milk		Fruit drink
Coffee		Banana Torte
Dry Cereal		

DAY 13

Breakfast	Lunch	Dinner
Scrambled Eggs	1/3 Lb. Hamburgers	Chicken Cacciatore
Hashbrowns	Assorted Salads	Rice
Grilled Ham Slices	Fruit Drink	Corn
Toast	Milk	Assorted Breads
Fruit Juice	Dessert	Assorted Salads
Milk	Assorted Toppings	Milk
Coffee		Fruit drink
Dry Cereal		Assorted Cookies

DAY 14

Breakfast	Lunch	Dinner
Scrambled Eggs	Build Own Sandwich	Beef Brisket
Sausage Gravy	Chips	Baked Beans
Biscuits	Assorted Salads	Cole Slaw
Dry Cereals	Fruit Drink	Assorted Breads
Toast	Milk	Assorted Salads
Fruit Juice		Assorted Cookies
Milk		Margarine
Coffee		Fruit drink
		Milk

Sample 2-Week Military Menu, Standard Plan A

DAY 15

Breakfast

Scrambled Eggs

Bacon

French Toast

Dry Cereals

Cereals

Chilled Juice

Coffee