

Student Information Handout
Lesson 10
Eating Out
Publication 348-287
Reprinted August 1984

SCHOOL LUNCH SAMPLE MENUS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pizza with Meat & Cheese Mixed greens Applesauce Cookie Milk	Macaroni & Cheese Lunch meat Broccoli Fruit cup Hot rolls with butter Milk	Cheeseburger Baked beans Purple plums Milk	Country-style steak Creamed potatoes Green beans Rolls with butter Peaches Milk	Hot dog with chili French fries Corn Pears Milk
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pizza Tossed Salad Buttered corn Peach half Milk	Turkey and dressing casserole Whipped potatoes Green peas Rolls with butter Peanuts Milk	Tomato soup Crackers Pimento cheese sandwich Peanut butter bar Milk	Fried chicken with gravy Candied yams Green peas Rolls Fruit gelatin Milk	Spaghetti with meat sauce Tossed salad Green beans Rolls Applesauce Milk

Select items from the above lunch menus following your diet plan.

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation.

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

LD
5655
A762
No. 348-287
VPI
Spec

That Special Dinner

What will you order? Select a dinner menu following your diet plan which is low in calories.

Appetizers

Grapefruit half	French onion soup
Tomato juice	Shrimp cocktail
Cream of potato soup	Fruit cup with sherbet

Entrees

Ham Steak
with Hawaiian Raisin Sauce

Beef Stroganoff
tenderloin in a sour cream sauce over fluffy white rice

Jumbo Shrimp
batter dipped and deep fried

Filet of Sole
broiled and served with a fresh lemon wedge

Southern Fried Chicken
delicately seasoned and deep fried until golden brown

Chicken livers sauteed in butter
with a tangy Italian tomato sauce

6-ounce Sirloin Steak
broiled to order

Served with a crisp garden salad
and
salad dressing of your choice
(Thousand Island, French, Blue Cheese, Italian, Vinegar & Oil)

Vegetables

Candied sweet potatoes	Creamed asparagus
Baked potato	Broccoli with lemon juice
French fried potatoes	Green beans and mushrooms
Corn-on-the-cob	Sliced tomato
Green peas	Carrots

Dessert

Assorted fruit pies
Fresh strawberry shortcake
Assorted ice creams