

## SKBC Menu Examples

\*It is important to note that these menus are simply examples, not requirements. Availability of food products and preparation considerations should be used before deciding on individual menus.

Friday Meals	Saturday Meals
<b>Lunch:</b> Hot Dogs With chips, cookies and fruit Drinks: Tea and lemonade  <b>Dinner:</b> Pasta w/ meat sauce With salad and bread sticks Drinks: Tea and lemonade	<b>Lunch:</b> Hamburgers With chips, cookies and fruit Drinks: Tea and lemonade  <b>Dinner:</b> Dirty Rice (Cajun favored rice w/ meat) With salad and cake Drinks: Tea and lemonade

Friday Meals	Saturday Meals
<b>Breakfast: (donation meal provided by X Company)</b> Pancakes With syrup Drinks: Milk, juice and coffee  <b>Lunch:</b> Burritos (Chicken or beef) With Salas and Spanish rice Drinks: Tea and Water  <b>Dinner:</b> Roast beef, mashed potatoes and gravy With salad and fruit cobbler Drinks: Tea and Water	<b>Breakfast: (donation meal provided by X Company)</b> French toast With syrup and breakfast sausage Drinks: Milk, juice and coffee  <b>Lunch:</b> Hamburgers and Hot Dogs With chips Drinks: Tea and Water  <b>Dinner:</b> Pork Chops, and Rice Pilaf With salad and cake Drinks: Tea and Water

Friday Meals	Saturday Meals
<b>Lunch:</b> Tacos (beef, Chicken or veggie) With Spanish rice Drinks: Tea and Water  <b>Dinner:</b> Roast Chicken, mashed potatoes and gravy With Fruit pie (apple, cherry or berry) Drinks: Tea and lemonade	<b>Lunch:</b> Grinders (Various lunchmeats and cheeses) With chips Drinks: Tea and Water  <b>Dinner:</b> Beef stew in a bread bowl With salad and bread pudding w/ caramel Drinks: Tea and lemonade

Friday Meals	Saturday Meals
<p>Breakfast: (donation meal provided by X Company)</p> <p>Eggs and bacon With Hasbrowns and toast Drinks: Milk, juice and coffee</p> <p>Lunch:</p> <p>Chicken Gumbo w/ rice With Cake or pie Drinks: Tea and Koolaid</p> <p>Dinner:</p> <p>Beef Stir Fry With Steamed rice Drinks: Tea and Sports drink</p>	<p>Breakfast: (donation provided by Y Household)</p> <p>Pancakes With syrup and breakfast sausage Drinks: Milk, juice and coffee</p> <p>Lunch:</p> <p>Chili w/ cheese, sour cream and hot sauce sides With Corn chips Drinks: Tea and Koolaid</p> <p>Dinner:</p> <p>Chicken Stir Fry With Steamed rice Drinks: Tea and Sports drink</p>

What is important to remember is that carbohydrates are the fuel that human use to power their activities. Meals that are heavy in carbohydrates and light on fats for the morning and noon meals benefit student activity. If you have questions regarding your menu ideas, please check with your FWACK representatives.