



	Sun 07-02-2023	Mon 07-03-2023	Tue 07-04-2023	Wed 07-05-2023	Thu 07-06-2023	Fri 07-07-2023	Sat 07-08-2023
B R E A K F A S T	Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	French Toast Cottage Cheese Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice	Western Breakfast Sandwich Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Bacon Fresh Fruit 100% Juice
L U N C H	Meat Supreme Pizza Green Salad Baked Roll	Cheese Quesadilla Mini Sweet Peppers with Ranch Tortilla Chips and Salsa	4th of July All Beef Hot Dog Potato Salad Watermelon Ice Cream Novelty	Homestyle Sloppy Joes Fresh Fruit Cup Herbed Corn Garlic Bread	Sausage Tortellini Soup Melon Berry Fruit Bowl Flaky Buttermilk Biscuits	Meatball Sub Potato Chips Mixed Fruit Medley Green Salad	Shepherd's Pie Fruit Cup Apple Coleslaw Baked Roll
D I N N E R	Tuna Sandwich Green Pepper Tomato Salad Baked Roll Chocolate Chip Cookie	Chicken Bacon Wrap Pasta Salad Baby Carrots Baked Roll Banana Pudding	Chicken Fajita Corn Baked Roll	BBQ Pork Tenderloin Fresh Cooked Yams Oven Roasted Broccoli Baked Roll Brownie	Chicken Stir-Fry and Rice Sprinkled Fruit Salad Chocolate Pudding	Baked Fish Fillet French Fries Mixed Vegetables Honeydew Salad	Tuna Noodle Casserole Homestyle Stuffing Baby Carrots Baked Roll Double Chocolate Chip Cookie
Milk offered at every meal							Week 3

Dietitian's Signature: *Diana Jagan* 4-5-2023
61012



	Sun 07-09-2023	Mon 07-10-2023	Tue 07-11-2023	Wed 07-12-2023	Thu 07-13-2023	Fri 07-14-2023	Sat 07-15-2023
B R E A K F A S T	French Toast Yogurt Fresh Fruit 100% Juice	Breakfast Sausage Casserole Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Bacon Fresh Fruit 100% Juice	Cold Cereal Yogurt Fresh Fruit 100% Juice	Bagel and Cream Cheese Sausage Link Fresh Fruit 100% Juice	French Toast Egg of Choice Fresh Fruit 100% Juice Cinnamon Toast	Pancakes Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Skillet Ham and Potatoes Homestyle Stuffing Green Beans with Bacon Baked Roll Ice Cream	Cheeseburger Salad Honeydew Salad Herb Roasted Tomatoes Crackers	Pepperoni Pizza Green Salad Breadsticks Strawberry Shortcake	Taco Soup Soup Du Jour Fresh Cornbread Banana Splits	Bacon Cheddar Ranch Chicken Salad Green Pepper Tomato Salad Baked Roll	Homestyle Salisbury Steak Garlic Mashed Potatoes Buttery Carrots Sweet Potato Fries	Sub Sandwich Cottage Cheese with Mandarin Oranges Soup Du Jour German Potato Salad
D I N N E R	BBQ Glazed Meatballs Garlic Mashed Potatoes Honey Glazed Carrots Baked Roll	Herbed Parmesan Chicken Angel Pasta Brussels Sprouts Baked Roll Strawberry Cobbler	Creamy White Chicken Chili Corn Baked Roll	Cajun Shrimp Mac and Cheese Herb Roasted Red Potatoes Peas and Onions Baked Roll	Apple Pork Chop Parsley Noodles Capri Blend Whole Grain Bread Cake Chocolates	Hot Ham Cheese Sandwich Basil Tomato Soup Crackers Chocolate Pudding	Beef Goulash Garden Green Salad Whole Grain Bread Sherbet
Milk offered at every meal							Week 4

Dietitian's Signature: *Diana Jager* 4-5-2023
#610128



	Sun 07-16-2023	Mon 07-17-2023	Tue 07-18-2023	Wed 07-19-2023	Thu 07-20-2023	Fri 07-21-2023	Sat 07-22-2023
B R E A K F A S T	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice	French Toast Sticks Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice	Deluxe Waffles Bacon Fresh Fruit 100% Juice
L U N C H	Egg Salad Sandwich Cantaloupe Vinaigrette Tomatoes Crackers	Beef Enchilada Spanish Rice Corn Garlic Breadsticks Ice Cream	Southwest Chicken Salad Peaches Soup Du Jour Strawberry Sundae	Philly Steak Sandwich Lime Cilantro Rice Mini Sweet Peppers with Ranch	Beef Taco Corn Chips Salsa Verde	Bratwurst on a Bun Potato Wedges Cucumber Tomato Salad Baked Roll Ice Cream Sandwich	Grilled Cheese Sandwich Basil Tomato Soup Baked Roll
D I N N E R	Chicken Tenders Creamy Mashed Potatoes Carrot Green Bean Blend Baked Roll Chocolate Vanilla Pudding Dessert	Baked Macaroni and Cheese Best Black Beans Buttery Carrots Baked Roll	Brown Sugar Pork Chops Seasoned Rice Garden Green Salad Baked Roll	Chicken Divan AuGratin Potatoes Garlic Green Beans Baked Roll Chocolate Pudding	Baked Ziti with Italian Sausage Cauliflower with Cheese Sauce Breadsticks Fruited Jello Salad	Baked Meatballs with Gravy Cheesy Mashed Potatoes Baby Carrots Baked Roll	Chicken Fettuccine Parsley Rice French Cut Green Beans Baked Roll Berry Jello
	Milk offered at every meal						Week 5

Dietitian's Signature: *Shirley J. Jager* 4-5-2023
#610128



	Sun 07-23-2023	Mon 07-24-2023	Tue 07-25-2023	Wed 07-26-2023	Thu 07-27-2023	Fri 07-28-2023	Sat 07-29-2023
B R E A K F A S T	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Fresh Biscuits	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Blueberry Muffin	Cinnamon French Toast Yogurt Fresh Fruit 100% Juice	Fried Egg Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Bacon Egg and Avocado Toast Fresh Fruit 100% Juice	Homestyle Waffles Sausage Link Fresh Fruit 100% Juice
L U N C H	Reuben Sandwich Spiced Apples Buttery Carrots Garlic Bread Vanilla Wafers	Breaded Shrimp with Cocktail Sauce Grapes Soup Du Jour Breadsticks Oreo Delight	BLT Wrap Applesauce Cucumber Onion Salad Popsicle Bar	Three Cheese Ravioli Tomatoes with Cottage Cheese Baked Roll Caramel Popcorn	Cheeseburger Casserole Tropical Mixed Fruit Garlic Green Beans Garlic Bread	Taco Salad Broccoli and Cauliflower Tortilla Chips and Salsa	Coney Island Dogs Potato Wedges Herb Sautéed Vegetables Baked Roll Fresh Berry Cup
D I N N E R	Lasagna Parmesan Breadsticks Parmesan Green Beans	Beef and Cabbage Stuffed Rolls Garlic Herb Mashed Potatoes Beets Baked Roll	Marinated Chicken Potato Salad Sautéed Yellow Squash Baked Roll	Baked Ham with Mango Salsa Hawaiian Baked Beans Grilled Asparagus Baked Roll	Turkey and Swiss Sub Macaroni Salad Carrot Sticks Baked Roll Sherbet	Chicken Fettuccine with Sun-Dried Tomatoes Homestyle Stuffing Seasoned Broccoli Baked Roll	Teriyaki Meatballs Favorite Baked Beans Country Trio Medley Baked Roll
	Milk offered at every meal						Week 1

Dietitian's Signature: *Diana Jagan* 4-5-2023
* 610128



	Sun 07-30-2023	Mon 07-31-2023	Tue 08-01-2023	Wed 08-02-2023	Thu 08-03-2023	Fri 08-04-2023	Sat 08-05-2023
B R E A K F A S T	Cinnamon Roll Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Bagel and Cream Cheese Yogurt Fresh Fruit 100% Juice	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Texas French Toast Sausage Link Fresh Fruit 100% Juice	Cold Cereal Fresh Fruit 100% Juice	Egg Sausage Casserole Hash Browns Fresh Fruit 100% Juice
L U N C H	Baked Crab Macaroni Cheese Zesty Cucumber Salad Crackers	Beef Taco Brown Rice Green Salad Crusty Garlic Bread Homemade Cookie	Beef Enchilada Spanish Rice French Cut Green Beans Best Black Beans Caramel Popcorn	Cajun Shrimp Pasta Fruit Toss Sauteed Spinach Crusty Cheese Bread	Grilled Ham Swiss Tomato Sandwich Apple Slices Coleslaw Vinaigrette Potato Chips Vanilla and Fruit Pudding	BLT Sandwich Green Salad Chips Dirt and Worms	Baked Spaghetti Assorted Fruit Pickle Chips Potato Chips
D I N N E R	Marinated Chicken Classic Mashed Potatoes Corn Homestyle Stuffing Strawberry Jello	Chicken Tenders Baked Sweet Potato Wedges Baby Carrots Baked Roll	Chef Salad Macaroni Salad Baby Carrots Baked Roll	Juicy Ham Classic Mashed Potatoes Garlic Green Beans Baked Roll Jello & Whip Cups	Chicken with Lemon Pepper Sauce Penne Pasta Herb Roasted Vegetables Baked Roll	Beef Pot Roast Boiled Red Potatoes Baby Carrots Baked Roll	Chicken Nuggets Mashed Potatoes and Gravy Green Beans Garlic Breadsticks Popsicle Bar
	Milk offered at every meal						Week 2

Dietitian's Signature: *Diana Jagan* 4-5-2023
* 6/10/23