



	Sun 09-03-2023	Mon 09-04-2023	Tue 09-05-2023	Wed 09-06-2023	Thu 09-07-2023	Fri 09-08-2023	Sat 09-09-2023
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 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Texas French Toast Hash Browns Fresh Fruit 100% Juice	Fried Egg Hash Browns Fresh Fruit 100% Juice	Scrambled Egg Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Baked Macaroni and Cheese Buttered Zucchini Crackers	Labor Day Cream Smothered Chops Creamy Mashed Potatoes Watermelon Salad Green Beans Cheesy Garlic Biscuits Coke a Cola Hershey Bar Pie	Beef Enchilada Refried Beans Soup Du Jour Best Black Beans Caramel Popcorn	Spaghetti and Meat Sauce Green Salad Crusty Cheese Bread	Frito Chili Pie Watermelon Salad Corn Potato Chips	Beef Pot Roast Herb Roasted Red Potatoes Soup Du Jour Baked Roll Dirt and Worms	Unstuffed Pepper Soup Brown Rice Green Salad Crackers
D I N N E R	Marinated Chicken Classic Mashed Potatoes Herb Sauteed Vegetables Homestyle Stuffing Strawberry Jello	Egg Salad Baked Sweet Potato Wedges Baby Carrots Baked Roll	Baked Tuna Dish Macaroni Salad Celery Sticks Baked Roll	Cheesy Potatoes and Ham Brown Rice Garlic Carrots Baked Roll Jello & Whip Cups	Chicken with Lemon Pepper Sauce Penne Pasta Buttery Carrots Baked Roll Vanilla and Fruit Pudding	Fish Sticks Baked Sweet Potato Wedges Watermelon French Cut Green Beans Baked Roll	Chicken Stir-Fry Brown Rice Vegetable Medley Baked Roll Ice Cream Sandwich
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week :

Dietitian's Signature:

Debra Jagan RDN 7-9-2023
7/10/23



	Sun 09-10-2023	Mon 09-11-2023	Tue 09-12-2023	Wed 09-13-2023	Thu 09-14-2023	Fri 09-15-2023	Sat 09-16-2023
B R E A K F A S T	Hot or Cold Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Fresh Fruit 100% Juice Whole Grain Toast	French Toast Home Fried Potatoes 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	Beef Macaroni Casserole Three Bean Salad Baked Roll	Cheese Quesadilla Mini Sweet Peppers with Ranch Tortilla Chips and Salsa	Lasagna Garlic Green Beans Garlic Breadsticks	Homestyle Sloppy Joes Fresh Fruit Cup Herbed Corn Garlic Bread	Sausage Tortellini Soup Melon Berry Fruit Bowl Flaky Buttermilk Biscuits	Birthday Party Baked Potato Soup Buttery Carrots Garlic Breadsticks Cheesecake with Fruit Topping	Shepherd's Pie Fruit Cup Apple Coleslaw Baked Roll
D I N N E R	Classic Turkey Sandwich Dill Pickle Pasta Salad Pickle Chips Chocolate Chip Cookie	Chicken Bacon Wrap Pasta Salad Baby Carrots Baked Roll Banana Pudding	Chicken Fajita Brown Rice Fresh Tomato Salsa Corn Chips Guinness Brownie	Bacon Cheddar Pork Chops Creamy AuGratin Potatoes Oven Roasted Broccoli Baked Roll	Gold Rush Meatballs Sprinkled Fruit Salad Buttery Carrots Whole Grain Bread Chocolate Pudding	Baked Fish Fillet Homestyle Stuffing Mixed Vegetables Honeydew Salad	Loaded Tater Tots Casserole Homestyle Stuffing Baby Carrots Baked Roll Double Chocolate Chip Cookie
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 3

Dietitian's Signature: *Debra J. RDN 7-9-2023*
#L10128



	Sun 09-17-2023	Mon 09-18-2023	Tue 09-19-2023	Wed 09-20-2023	Thu 09-21-2023	Fri 09-22-2023	Sat 09-23-2023
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	French Toast 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	Taco Soup Cherry Tomato Salad Breadsticks	Grilled Cheese Sandwich Creamy Tomato Basil Soup Crackers	pizza day Make your own Garlic Bread Pizza Green salad Cottage Cheese	Baked Ziti Penne Pasta Green Salad Baked Roll	BLT Sandwich Hawaiian Coleslaw Sweet Potato Fries	BBQ Chicken Quesadilla Bacon Ranch Pasta Salad Cucumber Onion Salad Baked Roll
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 Creamy Strawberry Dessert	Smothered Pork Chops French Cut Green Beans Baked Roll American Apple Pie	Popcorn Chicken Classic Mashed Potatoes Corn Baked Roll Berry Jello	Apple Pork Chop Parsley Noodles Glazed Carrots Whole Grain Bread Cake Chocolates	Baked Salisbury Steak Fried Potatoes and Onions Steamed Broccoli Baked Roll Chocolate Pudding	Deluxe Hamburger Potato Wedges French Cut Green Beans Baked Roll Sherbet
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 4

Dietitian's Signature: *Debra J. RDN 7-9-2023*
 06/0128



	Sun 09-24-2023	Mon 09-25-2023	Tue 09-26-2023	Wed 09-27-2023	Thu 09-28-2023	Fri 09-29-2023	Sat 09-30-2023
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	Sausage Country Gravy and Biscuits 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 Fresh Fruit 100% Juice
L U N C H	Egg Salad Sandwich Cantaloupe Vinaigrette Tomatoes Crackers	BBQ Meatloaf Ranch Potatoes Corn Baked Roll Ice Cream	Hearty Beef Stew Boiled Potatoes Celery Sticks Strawberry Sundae	Chicken Divan Homestyle Stuffing Garlic Green Beans Baked Roll	Beef Taco Corn Chips Salsa Verde	Classic Stuffed Peppers 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 Pot Pie Fresh Mashed Potatoes and Gravy Assorted Fruit Carrot Green Bean Blend Saltine Crackers Chocolate Vanilla Pudding Dessert	Baked Macaroni and Cheese Best Black Beans Buttery Carrots Baked Roll	Brown Sugar Pork Chops Seasoned Rice Herb-Buttered Corn and Green Beans Baked Roll	Philly Steak Sandwich Garlic Pasta Creamy Cucumber Salad Baked Roll	Baked Fish Fillet Parmesan Roasted Potatoes Bacon Brussels Sprouts Whole Grain Bread Fruited Jello Salad	Chicken Parmesan Pasta Salad Baby Carrots Baked Roll	Chicken Alfredo Pasta Oven Roasted Cauliflower Baked Roll Ice Cream
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week :

Dietitian's Signature: *Diana Jagan RDN 7-9-2023*
 06/01/28