



	Sun 12-31-2023	Mon 01-01-2024	Tue 01-02-2024	Wed 01-03-2024	Thu 01-04-2024	Fri 01-05-2024	Sat 01-06-2024
B R E A K F A S T	Bananas Foster Oatmeal Egg of Choice 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Corned Beef Hash Fresh Fruit 100% Juice Peanut Butter Toast	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Bacon Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Denver Egg Scramble Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Broccoli Ham Casserole Broccoli with Glaze Sauce Herb Pull Apart Roll	Sausage Tortellini Soup Caesar Salad Crusty Garlic Bread	Southwest Chicken Salad Tomatoes with Cottage Cheese Garlic Breadsticks	Tuna Melt Grapes Dill Cucumbers Onion Rings	Shepherd's Pie with Gravy Herb Sautéed Vegetables Whole Grain Bread	Classic Chicken Salad Sandwich Fruit Medley Tomato Wedges Chips	Pork and Sausage Jambalaya Broccoli Coleslaw Baked Roll
D I N N E R	Bacon Meatloaf Homestyle Stuffing French Cut Green Beans Baked Roll Fresh Apple Pie	Roasted Lemon Chicken Fresh Mashed Potatoes and Gravy Roasted Peppers Baked Roll Ice Cream	Pork Chops and Gravy Oven Roasted Cauliflower Baked Roll Fudge Brownie	Beef Patty with Mushroom Sauce Roasted Potato Medley Peas and Onions Baked Roll Chocolate Trifle	Smothered Chicken Breasts Penne Pasta Garlic Green Beans Baked Roll Dirt and Worms	Breaded Shrimp with Cocktail Sauce Baked Sweet Potato Garden Green Salad Baked Roll Caramel Popcorn	Glazed Meatloaf O'Brien Potatoes Roasted Squash Baked Roll Birthday Cake
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 3

Dietitian's Signature: *Danielle J. RDN 7-9-2023*  
#610128



	Sun 01-07-2024	Mon 01-08-2024	Tue 01-09-2024	Wed 01-10-2024	Thu 01-11-2024	Fri 01-12-2024	Sat 01-13-2024
B R E A K F A S T	Breakfast Mini Fruit Pizza Egg of Choice Fresh Fruit 100% Juice	Deluxe Waffles Bacon Fresh Fruit 100% Juice	Cold Cereal Hash Browns Fresh Fruit 100% Juice	French Toast Breakfast Ham Fresh Fruit 100% Juice	Orange Cranberry Muffin Egg of Choice Fresh Fruit 100% Juice	Maple Bacon Casserole Hash Browns Fresh Fruit 100% Juice	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice
L U N C H	Shrimp and Pasta Classic Mashed Potatoes California Blend Baked Roll	Ham and Swiss Sandwich Fruit Toss Coleslaw	BLT Sandwich Assorted Fruit Cucumber Dill Salad Mozzarella Garlic Bread	Beef Enchilada Black Bean Salsa Soup Spanish Rice	Baked Spaghetti Green Salad Baked Roll	Baked Fish Fillet Coleslaw Chips	Egg Salad Sandwich Cottage Cheese with Mandarin Oranges Green Salad Breadsticks
D I N N E R	Crispy Fried Chicken Roasted Smashed Potatoes French Cut Green Beans Baked Roll Chocolate Cream Pie	Lasagna Roll-Ups Parmesan Pasta Brussels Sprouts Baked Roll Berry Jello	Baked Tuna Dish Homestyle Stuffing French Cut Green Beans Baked Roll Chocolate Pudding	Chicken Salad Southwest Cucumber Tomato Salad Baked Roll Blonde Brownies	Baked Ham AuGratin Potatoes Buttery Carrots Baked Roll Banana Pudding	Sweet and Sour Meatballs Rice Steamed Broccoli Baked Roll Chocolate Chip Cookie	Smokey Chicken and Gravy Garlic Mashed Potatoes Buttery Carrots Baked Roll Apple Pie
Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 4

Dietitian's Signature: *Diana J. Row* ROW 7-9-2023  
#L10128



	Sun 01-14-2024	Mon 01-15-2024	Tue 01-16-2024	Wed 01-17-2024	Thu 01-18-2024	Fri 01-19-2024	Sat 01-20-2024
B R E A K F A S T	French Toast Hash Browns Fresh Fruit 100% Juice	Raisin French Toast Sausage Link Fresh Fruit 100% Juice	Egg and Cheese Biscuit Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Belgian Waffles Egg of Choice Fresh Fruit 100% Juice	Egg Mushroom Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Chicken Fajita Bowl Grilled Mixed Vegetables Crackers	BBQ Sloppy Joe on a Bun Creamy Cucumber Salad Whole Grain Bread	Onion French Dip Sandwich Sweet Slaw Chips	Beef Chili Green Salad Fresh Cornbread	Ham and Potato Soup Green Salad Crackers	Beef Taco Spanish Rice Corn Corn Chips	Baked Macaroni and Cheese Homestyle Stuffing Green Bean Carrot Blend
D I N N E R	Crispy Pork Chop Southwest Rice Seasoned Cauliflower Baked Roll Chocolate Chip Cookie	Bacon Ranch Quesadilla Refried Beans Buttery Carrots Baked Roll Vanilla Pudding	Louisiana Chicken Cheesy Rice Garden Green Salad Colorful Fruit Salad	Baked Fish Fillet Hushpuppies Sauteed Carrots Baked Roll Ice Cream Sandwich	Gold Rush Meatballs Hawaiian Baked Beans Vegetable Medley Baked Roll Pineapple Fruit Cup	Chicken with Tomato Mushroom Sauce Garlic Pasta Brussels Sprouts Baked Roll Chocolate Pudding	Tuna Noodle Casserole Potato Salad Green Beans Baked Roll Fresh Fruit Cup
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 5

Dietitian's Signature: *Debra J. RDN 7-9-2023*  
#610128



	Sun 01-21-2024	Mon 01-22-2024	Tue 01-23-2024	Wed 01-24-2024	Thu 01-25-2024	Fri 01-26-2024	Sat 01-27-2024
B R E A K F A S T	Homestyle Pancakes Bacon Fresh Fruit 100% Juice	French Toast Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Texas French Toast Hash Browns Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice	Texas French Toast Sausage Link Fresh Fruit 100% Juice	Bacon Egg Muffin Yogurt Fresh Fruit 100% Juice	Sausage Scramble Fresh Fruit 100% Juice Fresh Biscuits
L U N C H	Broccoli Cheese Soup Vegetable Medley Baked Roll	Lasagna Buttery Carrots Garlic Bread	Meat Supreme Pizza Broccoli Coleslaw Chips	Homemade Chicken Noodle Soup Mixed Vegetables Crackers	Oven Roasted Pork Loin Garlic Herb Mashed Potatoes French Cut Green Beans Crackers	Homestyle Salisbury Steak Garlic Mashed Potatoes Buttery Carrots Parmesan Breadsticks	Slow Cooked BBQ Chicken Sandwich Pear Fruit Medley Honey Roasted Carrots Tater Tots
D I N N E R	Meatloaf and Gravy Baked Potato Normandy Blend Baked Roll Chocolate Chip Cookie	Herb Grilled Chicken Seasoned Rice Lemon Pepper Green Beans Baked Roll Pudding with Vanilla Wafers	Bread Crumb Pork Chop Parsley Noodles Garden Green Salad Baked Roll Pumpkin Pie	Unstuffed Pepper Soup Brown Rice Garden Green Salad Whole Grain Bread Banana Pudding	Garlic Parmesan Chicken Parmesan Pasta Cauliflower with Cheese Sauce Baked Roll Guinness Brownie	Hot Ham Cheese Sandwich Creamy Tomato Basil Soup Saltine Crackers Orange Sherbet Dish	Spaghetti and Meat Sauce Garden Green Salad Garlic Breadsticks Berry Jello
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 1

Dietitian's Signature: *Diana Jager RDN 7-9-2023*  
#110128



	Sun 01-28-2024	Mon 01-29-2024	Tue 01-30-2024	Wed 01-31-2024	Thu 02-01-2024	Fri 02-02-2024	Sat 02-03-2024
B R E A K F A S T	Baked Oatmeal with Cinnamon Apples Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Waffles Bacon Fresh Fruit 100% Juice	Egg Sausage Croissant Fresh Fruit 100% Juice	Cinnamon French Toast Sausage Link Fresh Fruit 100% Juice	Country Gravy and Biscuits Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Cold Cereal Yogurt Fresh Fruit 100% Juice
L U N C H	Open Face Turkey Sandwich California Blend Pasta Salad	Cheese Chili Bake Fresh Fruit Cup Green Salad Fresh Cornbread	American Goulash Four Fruit Medley Baked Roll	Classic Beef Stroganoff Lemon Buttered Broccoli Garlic Breadsticks	Double Crunch Egg Salad Tomato Cucumber Salad Chips	Classic Lasagna Garlic Carrots Garlic Breadsticks	Ranch Chicken Nuggets Classic Mashed Potatoes Broccoli with Cheese Sauce Baked Roll
D I N N E R	Glazed Baked Ham Garlic Herb Mashed Potatoes Coleslaw Baked Roll Ice Cream Sandwich	Teriyaki Chicken Fried Rice Stir-Fry Vegetables Baked Roll Pineapple Parfait	Chicken Quesadilla Baked Beans Buttery Carrots Baked Roll Vanilla Pudding	Herb Seasoned Pork Scalloped Potatoes Bacon Brussels Sprouts Baked Roll Chocolate Peanut Butter Cookie	Sweet and Sour Chicken Seasoned Rice Green Beans with Bacon Baked Roll	LF Tuna Melt Fried Potatoes and Onions Vegetable Medley Baked Roll Fudge Brownie	Reuben Soup Garden Green Salad Whole Grain Bread Berry Jello
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 2

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