



	Sun 04-07-2024	Mon 04-08-2024	Tue 04-09-2024	Wed 04-10-2024	Thu 04-11-2024	Fri 04-12-2024	Sat 04-13-2024
B R E A K F A S T	Baked Oatmeal with Cinnamon Apples Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Yogurt Fresh Fruit 100% Juice	Egg Sausage Croissant Fresh Fruit 100% Juice	Cinnamon French Toast Sausage Link Fresh Fruit 100% Juice	Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	French Toast Yogurt Fresh Fruit 100% Juice
L U N C H	Open Face Turkey Sandwich California Blend Pasta Salad	BLT Sandwich Cucumbers Baked Roll	Shepherd's Pie Classic Mashed Potatoes Vegetable Medley Baked Roll	Reuben Sandwich Lemon Roasted Broccoli Garlic Breadsticks	Classic Meatloaf Ranch Mashed Potatoes Tomatoes with Cottage Cheese Baked Roll	Chicken Alfredo Pasta Green Salad Garlic Breadsticks	Ranch Chicken Nuggets Classic Mashed Potatoes Broccoli with Cheese Sauce Baked Roll
D I N N E R	Sweet and Sour Chicken Homestyle Stuffing French Cut Green Beans Baked Roll Ice Cream Sandwich	Chicken Enchiladas Spanish Rice Garden Green Salad Garlic Breadsticks Chocolate Pudding	Cheese Quesadilla Refried Beans Cauliflower with Cheese Sauce Baked Roll Vanilla Pudding	Oven Fried Pork Chops Scalloped Potatoes Bacon Brussels Sprouts Baked Roll Chocolate Peanut Butter Cookie	Baked Tuna Dish French Fries Garden Green Salad Whole Grain Bread Chocolate Pudding	American Goulash Vegetable Medley Baked Roll Fudge Brownie	Egg Salad Sandwich Balsamic Tomato and Cucumbers Whole Grain Bread Berry Jello
Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 2

Dietitian's Signature: *Debra Jager 6/10/28*
1-11-2024



	Sun 04-14-2024	Mon 04-15-2024	Tue 04-16-2024	Wed 04-17-2024	Thu 04-18-2024	Fri 04-19-2024	Sat 04-20-2024
B R E A K F A S T	Pancakes Hash Browns Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Corned Beef Hash Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Breakfast Ham Fresh Fruit 100% Juice	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Yogurt Fresh Fruit 100% Juice	English Muffin Breakfast Sandwich Yogurt Fresh Fruit 100% Juice
L U N C H	Classic Turkey Sandwich Pickle Spear Chips	Sausage Tortellini Soup Light Caesar Salad Buttermilk Biscuits	Baked Chicken on Rice Garlic Green Beans Parmesan Breadsticks	Tuna Salad Sandwich Cucumber Dill Salad Chips	Hamburger Casserole Fresh Cooked Carrots Whole Grain Bread	Grilled Chicken Sandwich Broccoli Coleslaw Steak Fries	Chef Salad Fresh Fruit Cup Fresh Vegetable Soup Baked Roll
D I N N E R	Beef Pot Roast Mashed Red Potatoes Honey Roasted Carrots Baked Roll Lemon Pudding	Chicken with Mango Salsa Brown Rice Steamed Broccoli Baked Roll Chocolate Pudding	Glazed Pork Chops Baked Potato Broccoli with Cheese Sauce Baked Roll Bread Pudding	Skillet Beef Patty with Gravy Parsley Noodles Mixed Vegetables Baked Roll Pear Crisp	Ranch Chicken Glazed Sweet Potatoes Bacon Brussels Sprouts Baked Roll Chocolate Cream Pie	Seasoned Baked Fish Lemon Rice Sauteed Spinach Baked Roll American Apple Pie	Brown Sugar Meatloaf Cheesy Mashed Potatoes Corn Baked Roll Peach Angel Food Cake
Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 1

Dietitian's Signature: *Quinn Jager 610128*
1-11-2024



	Sun 04-21-2024	Mon 04-22-2024	Tue 04-23-2024	Wed 04-24-2024	Thu 04-25-2024	Fri 04-26-2024	Sat 04-27-2024
B R E A K F A S T	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Belgian Waffles Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Yogurt Fresh Fruit 100% Juice Cinnamon Roll Muffin	Cold Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Yogurt Banana 100% Juice Whole Grain Toast	French Toast Bacon Fresh Fruit 100% Juice	Egg and Cheese Biscuit Hash Browns Fresh Fruit 100% Juice
L U N C H	Egg Salad Sandwich Honeydew Marinated Tomatoes Chips	Sloppy Joes Green Salad Whole Grain Bread	Classic Lasagna Buttery Carrots Cheesy Mashed Potatoes	Baked Tomato Beef Pasta Green Salad Garlic Bread	Club Sandwich Vegetable Soup Crackers	Ham and Swiss Slider Sweet Slaw Chips	Baked Macaroni and Cheese Garlic Carrots Breadsticks
D I N N E R	Chicken Parmesan Garlic Pasta Yellow Squash Baked Roll Easy Fruit Salad	Creamy Herbed Pork Chops Parmesan Potatoes French Cut Green Beans Baked Roll Ice Cream	Baked Tuna Dish Seasoned Rice Broccoli with Cheese Sauce Baked Roll Strawberry Jello	Baked Fish Fillet Broccoli Coleslaw Chips Ice Cream	Baked Ham AuGratin Potatoes Glazed Baby Carrots Baked Roll Ice Cream Sundae	Hawaiian Meatballs Fried Rice Stir-Fry Vegetables Baked Roll Cookie	Grilled Lemon Chicken Parmesan Roasted Potatoes Fresh Asparagus Baked Roll Mint Brownie
Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 2

Dietitian's Signature: *Deanne Jagan 610128*
1-11-2024



	Sun 04-28-2024	Mon 04-29-2024	Tue 04-30-2024	Wed 05-01-2024	Thu 05-02-2024	Fri 05-03-2024	Sat 05-04-2024
B R E A K F A S T	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice	Cold Cereal Yogurt Fresh Fruit 100% Juice	French Breakfast Casserole Bacon Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy and Biscuits Fresh Fruit 100% Juice Whole Grain Toast	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Chicken Enchiladas Refried Beans Corn Best Black Beans	Pinwheel Sandwiches Fresh Fruit Cup Tomatoes with Cottage Cheese	BLT Sandwich Green Salad Baked Roll	Sweet and Sour Pork Rice Stir-Fry Vegetables	Ham Sandwich Fruit Cocktail Vegetables with Ranch Dip	Seasoned Salisbury Steak Caesar Salad Baked Roll	Chicken with Glazed Vegetables Honeydew Green Salad
D I N N E R	Grilled Cheese Sandwich Basil Tomato Soup Baked Roll Berry Jello	Beef Stroganoff Garlic Mashed Potatoes French Cut Green Beans Baked Roll Ice Cream	Baked Rosemary Lemon Chicken Penne Pasta Roasted Carrots Baked Roll Crookies	Breaded Shrimp with Cocktail Sauce Pasta Salad Coleslaw Pudding with Vanilla Wafers	Taco Salad Spanish Rice Vinaigrette Tomatoes Baked Roll Snickerdoodle Brownie	Sauteed Chicken Breast Rice Pilaf Herb Roasted Vegetables Baked Roll Sherbet	Cheese Quesadilla Baked Beans Roasted Peppers Spanish Rice Chocolate Peanut Butter Cake
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 3

Dietitian's Signature: *Deane Jager 6/10/28*
1-11-2024