



|  | Sun 06-30-2024  | Mon 07-01-2024  | Tue 07-02-2024   | Wed 07-03-2024  | Thu 07-04-2024  | Fri 07-05-2024   | Sat 07-06-2024   |
|--|---|---|--|---|---|--|--|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast   | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                           | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                    | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast           | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                    | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast              |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Chicken Spaghetti<br>Garlic Pasta<br>Easy Fruit Salad<br>Garden Green Salad<br>Garlic Breadsticks<br>Chocolate Chip Brownie | Creamy Herbed Pork Chop<br>Garlic Herb Mashed Potatoes<br>French Cut Green Beans<br>Baked Roll<br>Berry Jello | Greek Pasta with Shrimp<br>Seasoned Rice<br>Cherry Tomato Salad<br>Baked Roll<br>Chocolate Chip Cookie | Italian Turkey Meatballs with Sauce<br>Homestyle Stuffing<br>Steamed Broccoli<br>Cherry Fluff | Deluxe Hamburger<br>Potato Salad<br>Watermelon<br>Corn<br>Chocolate Pudding         | Hawaiian Meatballs<br>Fried Rice<br>Stir-Fry Vegetables<br>Baked Roll<br>Chocolate Cake                | Chicken Enchiladas<br>Tortilla Chips and Salsa<br>Fresh Pears<br>Garden Green Salad<br>Ice Cream |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Sloppy Joes<br>Sweet Potato Fries<br>Honeydew<br>California Blend   | Crab Salad Croissant<br>Pineapple Chunks<br>Spinach Tomato Salad<br>Onion Rings                               | Pork and Sausage Jambalaya<br>Assorted Fruit<br>Cucumber Dill Salad<br>Baked Roll                      | Philly Deli Sandwich<br>Potato Chips<br>Fruit Cocktail Salad<br>Buttery Carrots               | Chicken Pot Pie<br>Fresh Berry Cup<br>Vegetable Medley<br>Baked Roll                | Cheese Ravioli with Pasta Sauce<br>Apple Slices<br>Parmesan Roasted Cauliflower<br>Toasted Breadsticks | Garlic Herb Pork Roast<br>Roasted Red Potatoes<br>Tomatoes with Cottage Cheese<br>Baked Roll     |
|  | Milk offered at every meal  | Let's Make Dessert (Wednesday's) With Trisha  |  |   |   |  | Week 2   |

Dietitian's Signature: *Devin Jager 6/10/24*  
4-29-2024



|  | Sun 07-07-2024  | Mon 07-08-2024  | Tue 07-09-2024  | Wed 07-10-2024  | Thu 07-11-2024  | Fri 07-12-2024  | Sat 07-13-2024   |
|--|---|---|---|---|---|---|--|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                     | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast         | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast     | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast       | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast  |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Beef Sour Cream Noodle Bake<br>Assorted Fruit<br>Garden Green Salad<br>Baked Roll<br>Strawberry Cake    | Cajun Shrimp Mac and Cheese<br>Broccoli and Cauliflower<br>Baked Roll<br>Orange Juicy Jello | Swedish Meatballs<br>Classic Mashed Potatoes<br>Roasted Carrots<br>Baked Roll<br>Cookie | Grilled Marinated Shrimp<br>Pasta Salad<br>Cantaloupe<br>Coleslaw<br>Baked Roll     | Taco Salad<br>Spanish Rice<br>Vinaigrette Tomatoes<br>Baked Roll<br>Banana Pudding  | Sauteed Chicken Breast<br>Rice Pilaf<br>Classic Lima Beans<br>Baked Roll<br>Fudge Brownie | Cheese Quesadilla<br>Refried Beans<br>Roasted Peppers<br>Spanish Rice<br>Ice Cream   |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Chicken and Rice Stew<br>Roasted Sweet Potatoes<br>Roasted Broccoli with Garlic and Lemon<br>Baked Roll | Beef Chili<br>Fresh Fruit Cup<br>Tomatoes with Cottage Cheese<br>Fresh Cornbread            | Chicken Strip Ranch Wrap<br>French Fries<br>Watermelon<br>Green Salad                   | Sweet and Sour Pork Rice<br>Stir-Fry Vegetables<br>Baked Roll                       | Ham Sandwich<br>Fruit Cocktail<br>Vegetables with Ranch Dip                         | Cheese Tortellini with Basil Cream Sauce<br>Caesar Salad<br>Baked Roll                    | Chicken with Glazed Vegetables<br>Green Salad<br>Mozzarella Garlic Bread<br>Honeydew |
|  | Milk offered at every meal  | Let's Make Dessert (Wednesday's) With Trisha  |   |   |   |   | Week 3   |

Dietitian's Signature: *Diem Jagan L10128*  
4-29-2024



|   | Sun 07-14-2024   | Mon 07-15-2024  | Tue 07-16-2024  | Wed 07-17-2024   | Thu 07-18-2024   | Fri 07-19-2024   | Sat 07-20-2024  |
|---|--|---|---|--|--|--|---|
| B<br>R<br>E<br>A<br>K<br>F<br>A<br>S<br>T | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                    | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast         | Egg of Choice<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast   | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                                      | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                    | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast            | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast           |
| L<br>U<br>N<br>C<br>H                     | Classic Meatloaf<br>Herb Roasted Red Potatoes<br>Mandarin Oranges<br>Loaded Cauliflower<br>Yellow Cake | Asian Orange Chicken<br>Rice Pilaf<br>Fresh Vegetable Stir Fry<br>Baked Roll<br>Berry Jello | Creamy Herbed Pork Chop<br>Baked Yams<br>Fruit Toss<br>Mixed Vegetables<br>Fresh Cornbread<br>Chocolate Chip Cookie | Hamburger Steak and Onions<br>Classic Mashed Potatoes<br>Garden Green Salad<br>Baked Roll<br>Classic Rice Krispies Treat | Baked Spaghetti<br>Peaches<br>Buttery Carrots<br>Garlic Bread<br>Vanilla Pudding                       | Classic Stuffed Bell Peppers<br>Parsley Rice<br>Steamed Broccoli<br>Baked Roll<br>Mint Brownie | Chicken Fajita<br>Honeydew<br>Herb Sautéed Vegetables<br>Baked Roll<br>Ice Cream              |
| D<br>I<br>N<br>N<br>E<br>R                | BBQ Chicken Sandwich<br>Potato Chips<br>Fruit Cocktail<br>Coleslaw                                     | Macaroni and Cheese<br>Pears<br>Classic Lima Beans<br>Baked Roll                            | Turkey Wrap<br>Tomato Cucumber Salad<br>Potato Chips  | Tuna Melt on Rye<br>French Fries<br>Fresh Fruit<br>Oven Roasted Broccoli<br>Baked Roll                                   | Ham and Cheese Sliders<br>Potato Chips<br>Watermelon<br>Vegetables with Ranch Dip<br>Whole Grain Bread | Chicken Salad on Croissant<br>Cantaloupe<br>Tomatoes with Cottage Cheese<br>Breadsticks        | Cheese Ravioli with Pasta Sauce<br>Assorted Fruit<br>Garlic Carrots<br>Cheesy Garlic Biscuits |
|   | Milk offered at every meal   | Let's Make Dessert (Wednesday's) With Trisha  |   |  |  |  | Week 4  |

Dietitian's Signature: *Debra Jager 6/10/28*  
4-29-2024



|  | Sun 07-21-2024  | Mon 07-22-2024  | Tue 07-23-2024  | Wed 07-24-2024  | Thu 07-25-2024  | Fri 07-26-2024   | Sat 07-27-2024  |
|--|---|---|---|---|---|--|---|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast         | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast               | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                     | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast     | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                                 | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast              | Egg of Choice and Bacon<br>Yogurt<br>Fresh Fruit<br>100% Juice<br>Whole Grain Toast                       |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Honey Glazed Ham<br>Fresh Cooked Yams<br>Garden Green Salad<br>Baked Roll<br>Chocolate Cake | Chicken Enchilada and Beans<br>Refried Beans<br>Garden Green Salad<br>Spanish Rice<br>Berry Jello | Smoked Roasted Turkey<br>Herb Mashed Potatoes<br>Roasted Summer Squash<br>Baked Roll<br>Homemade Cookie | Roasted Pork<br>Cheesy Rice<br>Grilled Asparagus<br>Baked Roll<br>Frozen Fruit Smoothie | Chicken Fettuccine with Sun-Dried Tomatoes<br>Parmesan Roasted Potatoes<br>Peas<br>Baked Roll<br>Chocolate Pudding  | Reuben Sandwich<br>Potato Chips<br>Honeydew Salad<br>Pickle Spear<br>Baked Roll<br>Fudge Brownie | Sweet and Sour Meatballs<br>Seasoned Rice<br>Roasted Brussels Sprouts<br>Baked Roll<br>Ice Cream          |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Taco Cornbread Casserole<br>Strawberries<br>Buttery Carrots<br>Classic Mashed Potatoes      | Sloppy Joes<br>French Fries<br>Apple Slices<br>Cucumber Tomato Salad                              | Ham and Cheese Hoagie<br>Potato Salad<br>Watermelon<br>Vegetables with Ranch Dip                        | Baked Ziti<br>Baked Sweet Potato Wedges<br>Garlic Green Beans<br>Garlic Bread           | Italian Sausage with Peppers and Onions<br>Garlic Parmesan Rice<br>Grapes<br>Fresh Vegetable Stir Fry<br>Baked Roll | Beef Macaroni Casserole<br>Cottage Cheese and Fruit<br>Classic Lima Beans<br>Baked Roll          | Fish Taco with Pineapple Mango Salsa<br>Herb Roasted Red Potatoes<br>Fresh Tropical Fruit Cup<br>Coleslaw |
|  | Milk offered at every meal  | Let's Make Dessert (Wednesday's) With Trisha  |   |   |   |  | Week 5  |

Dietitian's Signature: *Diana Jagan 610128*  
4-29-2024