



	Sun 07-28-2024	Mon 07-29-2024	Tue 07-30-2024	Wed 07-31-2024	Thu 08-01-2024	Fri 08-02-2024	Sat 08-03-2024
B R E A K F A S T	Pancakes 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	French Toast Breakfast Ham Fresh Fruit 100% Juice Fresh Biscuit	Cold Cereal Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Yogurt Fresh Fruit 100% Juice	Sausage Country Gravy and Biscuits Yogurt Fresh Fruit 100% Juice Fresh Biscuit
L U N C H	Scalloped Ham and Potatoes Cottage Cheese and Fruit Seasoned Broccoli Baked Roll Mud Cake	Chicken with Mango Salsa Brown Rice Steamed Broccoli Baked Roll Strawberry Jello	Glazed Pork Chops Baked Potato Green Beans Baked Roll Chocolate Chip Cookie	Greek Pasta with Shrimp Strawberries Mixed Vegetables Breadsticks Ice Cream	Ranch Chicken Glazed Sweet Potatoes Zucchini Corn Saute Baked Roll Chocolate Pudding	BBQ Pulled Pork on a Bun Potato Chips Watermelon Coleslaw Cream Cheese Brownie	Brown Sugar Meatloaf Classic Mashed Potatoes Vegetable Medley Baked Roll Ice Cream
D I N N E R	Chicken Bacon Wrap Potato Chips Select Apple Salad Honey Roasted Carrots Chips	Cheese Tortellini Peaches Light Caesar Salad Garlic Bread	Beef and Noodles Mixed Fruit Medley Roasted Brussels Sprouts Parmesan Breadsticks	Beef Taco Southwest Rice Cantaloupe Green Salad	Hamburger Casserole Jello Salad Fresh Cooked Carrots Whole Grain Bread	Chicken and Dumplings Cottage Cheese and Pineapple Green Salad	Seasoned Baked Fish French Fries Fresh Fruit Cup Italian Seasoned Green Beans
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 1

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



	Sun 08-04-2024	Mon 08-05-2024	Tue 08-06-2024	Wed 08-07-2024	Thu 08-08-2024	Fri 08-09-2024	Sat 08-10-2024
B R E A K F A S T	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Denver Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Cinnamon Roll Muffin	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Bagel and Cream Cheese Egg of Choice Fresh Fruit 100% Juice	Egg and Cheese Biscuit Hash Browns Fresh Fruit 100% Juice
L U N C H	Chicken Parmesan Garlic Pasta Yellow Squash Baked Roll Chocolate Cake	Garlic Herb Pork Roast Roasted Sweet Potatoes Honey Dijon Roasted Brussels Sprouts Baked Roll Berry Jello	Braised Beef and Broccoli Seasoned Rice Baked Roll Homemade Cookie	Homestyle Turkey Cornbread Dressing Green Beans Baked Roll Ice Cream	Baked Spiral Ham AuGratin Potatoes Glazed Baby Carrots Baked Roll Pudding	Hawaiian Meatballs Fried Rice Stir-Fry Vegetables Baked Roll Fudge Brownie	Grilled Lemon Chicken Parmesan Roasted Potatoes Fresh Asparagus Baked Roll Ice Cream
D I N N E R	Egg Salad Sandwich Honeydew Marinated Tomatoes Chips	Loosemeat Cheesesteak Pineapple Chunks Spinach Tomato Salad Onion Rings	Grilled Polish Sausage Assorted Fruit Tomato Soup Cheesy Mashed Potatoes	Baked Tomato Beef Pasta Pears Green Salad Garlic Bread	Club Sandwich Peaches Vegetable Soup Crackers	Ham and Swiss Slider Apple Slices Sweet Slaw French Fries	Meat Supreme Pizza Cantaloupe Lettuce Tomato Salad Breadsticks
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 2

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



	Sun 08-11-2024	Mon 08-12-2024	Tue 08-13-2024	Wed 08-14-2024	Thu 08-15-2024	Fri 08-16-2024	Sat 08-17-2024	
<b>B R E A K F A S T</b>	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	French Breakfast Casserole Bacon Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast	
<b>L U N C H</b>	Pork with Apricot Glaze Fresh Cooked Yams Capri Blend Baked Roll Applesauce Cake	Country Fried Steak with Gravy Garlic Mashed Potatoes Peas and Onions Baked Roll Yogurt Strawberry Jello	Monterey Chicken with Mushrooms Penne Pasta Roasted Carrots Baked Roll Homemade Cookie	Oven Fried Cod Parsley Seasoned Potatoes Sauteed Spinach Strawberry Cheesecake	Seasoned Salisbury Steak Buttered Noodles Parmesan Green Beans Baked Roll Vanilla Pudding	Sauteed Chicken Breast Rice Pilaf Herb Roasted Vegetables Baked Roll Frosted Brownie	Baby Back Pork Ribs Baked Beans Corn on the Cob Baked Roll Ice Cream	
<b>D I N N E R</b>	Chicken Enchiladas Pineapple Chunks Roasted Zucchini Best Black Beans	Cajun Shrimp Mac and Cheese Fresh Fruit Cup Seasoned Broccoli	American Hamburgers Watermelon Three Bean Salad Sweet Potato Fries	Sweet and Sour Pork Rice Juicy Fruit Salad Stir-Fry Vegetables	Ham Sandwich Peach Jello Salad Vegetables with Ranch Dip	Taco Salad Citrus Banana Salad Spanish Rice	Chicken with Glazed Vegetables Green Salad Mozzarella Garlic Bread Honeydew	
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 3

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



	Sun 08-18-2024	Mon 08-19-2024	Tue 08-20-2024	Wed 08-21-2024	Thu 08-22-2024	Fri 08-23-2024	Sat 08-24-2024
B R E A K F A S T	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Fresh Biscuit	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Poppy Seed Muffin Egg of Choice Fresh Fruit 100% Juice	Bacon and Egg Muffin Fresh Fruit 100% Juice	Belgian Waffle Breakfast Ham Fresh Fruit 100% Juice
L U N C H	Classic Meatloaf Herb Roasted Red Potatoes Loaded Cauliflower Baked Roll Funfetti Cake	Asian Orange Chicken Vegetable Egg Roll Sesame Green Beans Baked Roll Creamy Pear Jello	Creamy Herbed Pork Chop Baked Yams Mixed Vegetables Baked Roll Frosted Sugar Cookie	Hamburger Steak and Onions Classic Mashed Potatoes Baby Carrots Baked Roll Ice Cream	Baked Drumsticks Potato Salad Vegetable Medley Baked Roll Pudding with Vanilla Wafers	Lemon Baked Fish Parsley Rice Steamed Broccoli Baked Roll Fudge Brownie	Chicken Fajita Sauteed Zucchini Baked Roll Ice Cream
D I N N E R	BBQ Pulled Pork on a Bun Fruit Cocktail Carrot Apple Celery Salad Sweet Potato Fries	Classic Stuffed Bell Peppers Cheesy Rice Spring Fruit Cup Combread Muffin	Greek Chicken Pasta Assorted Fruit Tomato Cucumber Salad Crusty Garlic Bread	Grilled Turkey Cheddar Sandwich Melon Salad Pickle Spear Chips	Ham Melt Apple Slices Coleslaw Tater Tots	Pepperoni Pizza Fruit Compote Green Beans Italian Garlic Breadsticks	Pasta with Cherry Tomato Sauce Assorted Fruit Romaine Orange Salad Cheddar Biscuits
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 4

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



	Sun 08-25-2024	Mon 08-26-2024	Tue 08-27-2024	Wed 08-28-2024	Thu 08-29-2024	Fri 08-30-2024	Sat 08-31-2024
<b>B R E A K F A S T</b>	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Sausage Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice	Baked Omelet Bacon Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice Fresh Fruit 100% Juice	Skillet Eggs with Hash Browns Fresh Fruit 100% Juice Fresh Biscuit	Deluxe Waffle Bacon Fresh Fruit 100% Juice Whole Grain Toast
<b>L U N C H</b>	Honey Glazed Ham Fresh Cooked Yams Garden Green Salad Baked Roll Chocolate Cake	Homestyle Fried Chicken Classic Macaroni Salad Carrot Sticks Berry Jello	Southwest Cheddar Meatballs Herb Mashed Potatoes Roasted Summer Squash Baked Roll Soft Oatmeal Raisin Cookie	Roasted Pork Baked Sweet Potato Grilled Asparagus Baked Roll Ice Cream	Bacon and Cheese Chopped Steak Mushroom Rice Peas and Carrots Baked Roll Banana Pudding	Crunchy Baked Fish Baked Fried Potatoes Lemon Roasted Broccoli Baked Roll Chocolate Chip Brownie	Herb Roasted Turkey Homestyle Stuffing Roasted Brussels Sprouts Ice Cream
<b>D I N N E R</b>	Open Face Turkey Sandwich with Gravy Strawberries Buttery Carrots Classic Mashed Potatoes	Bean and Cheese Burrito Grapes Guacamole Savory Rice	Ham and Cheese Hoagie Watermelon Vegetables with Ranch Dip	Spaghetti with Marinara Meat Sauce Pears Garlic Green Beans Garlic Bread	Honey Mustard Deli Wrap Orange Cottage Salad Pickled Beets Chips	Grilled Cheese Sandwich Tropical Mixed Fruit Tomato Soup Crackers	Breadcrumbs Chicken Tenders Mixed Fruit Medley Normandy Blend Baked Macaroni Cheese
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 5

Dietitian's Signature: *Debra Jager 610128*  
4-29-2024