



	Sun 09-01-2024	Mon 09-02-2024	Tue 09-03-2024	Wed 09-04-2024	Thu 09-05-2024	Fri 09-06-2024	Sat 09-07-2024	
B R E A K F A S T	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Fresh Biscuit	
L U N C H	Scalloped Ham and Potatoes Baked Beans Seasoned Broccoli Baked Roll Banana Pudding	Classic Salisbury Steak and Gravy Buttered Noodles Steamed Broccoli Baked Roll Strawberry Jello	Beef Taco Baked Potato Green Beans Baked Roll Chocolate Chip Cookie	Balsamic Honey Glazed Pork Chops 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 Green Salad	Cheese Tortellini Peaches Light Caesar Salad Garlic Bread	Pastrami Sandwich Mixed Fruit Medley Roasted Brussels Sprouts	Greek Pasta with Shrimp 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: *Devin Jager 610128*
4-29-2024



	Sun 09-08-2024	Mon 09-09-2024	Tue 09-10-2024	Wed 09-11-2024	Thu 09-12-2024	Fri 09-13-2024	Sat 09-14-2024
B R E A K F A S T	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Cottage Cheese and Fruit Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Banana 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Egg and Cheese Biscuit Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Chicken Parmesan Garlic Pasta Lima Beans Baked Roll Chocolate Cake	Lasagna Roasted Sweet Potatoes Garden Green Salad Garlic Breadsticks Berry Jello	Chicken Bacon Sandwich Potato Wedges Fresh Berry Cup Pickle Spear Baked Roll Cranberry Jello	Homestyle Turkey Cornbread Dressing Green Beans Baked Roll Apple Cobbler	Baked Spiral Ham AuGratin Potatoes Glazed Baby Carrots Baked Roll Ice Cream Sundae	Hawaiian Meatballs Fried Rice Stir-Fry Vegetables Baked Roll Fudge Brownie	Grilled Lemon Chicken Buttered Noodles Brussels Sprouts Baked Roll Ice Cream
D I N N E R	Egg Salad Sandwich Melon Fruit Cup Marinated Tomatoes Chips	Shrimp and Cilantro Lime Rice Pineapple Chunks Cucumber Tomato Salad Onion Rings	Grilled Polish Sausage Brown Rice Assorted Fruit Baked Lima Beans Baked Roll	Baked Tomato Beef Pasta Pears Green Salad Garlic Bread	Club Sandwich Peaches Vegetable Soup Crackers	Crab Salad with Rolls Apple Slices Sweet Slaw French Fries	Beef Pot Roast Onion Roasted Potatoes Cantaloupe Baby Carrots Baked Roll
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha					Week 2

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



	Sun 09-15-2024	Mon 09-16-2024	Tue 09-17-2024	Wed 09-18-2024	Thu 09-19-2024	Fri 09-20-2024	Sat 09-21-2024	
B R E A K F A S T	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	
L U N C H	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 Sautéed Spinach Strawberry Cheesecake	All Beef Hot Dog Buttered Noodles Parmesan Green Beans Baked Roll Vanilla Pudding	Classic Taco Salad Rice Pilaf Herb Roasted Vegetables Baked Roll Frosted Brownie	Baby Back Pork Ribs Baked Beans Corn on the Cob Baked Roll Ice Cream	
D I N N E R	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	Classic Tuna Salad Sandwich French Fries Citrus Banana Salad Green Salad	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 610128*
4-29-2024



	Sun 09-22-2024	Mon 09-23-2024	Tue 09-24-2024	Wed 09-25-2024	Thu 09-26-2024	Fri 09-27-2024	Sat 09-28-2024
B R E A K F A S T	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Hash Browns Fresh Fruit 100% Juice Fresh Biscuit	Cheese Baked Eggs Sausage Link Fresh Fruit 100% Juice	Cheese Baked Eggs Egg of Choice Fresh Fruit 100% Juice	Cheese Baked Eggs Cottage Cheese and Fruit Fresh Fruit 100% Juice	Cheese Baked Eggs Breakfast Ham Fresh Fruit 100% Juice
L U N C H	Classic Meatloaf Herb Roasted Red Potatoes Loaded Cauliflower Baked Roll Funfetti Cake	Classic Stuffed Bell Peppers Cheesy Rice Spring Fruit Cup Fresh Cornbread 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	Pepperoni Pizza Fruit Compote Garden Green Salad Garlic Breadsticks 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	Asian Orange Chicken Vegetable Egg Roll Fresh Vegetable Stir Fry Baked Roll	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	Lemon Baked Fish Parsley Rice Steamed Broccoli Baked Roll	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 Jager 610128*
4-29-2024



	Sun 09-29-2024	Mon 09-30-2024	Tue 10-01-2024	Wed 10-02-2024	Thu 10-03-2024	Fri 10-04-2024	Sat 10-05-2024
B R E A K F A S T	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheese Baked Eggs Cottage Cheese and Fruit Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Honey Glazed Ham Fresh Cooked Yams Garden Green Salad Baked Roll Chocolate Cake	Beef and Cabbage Stuffed Rolls Garlic Mashed Potatoes Garden Green Salad Baked Roll 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 Baked Roll Ice Cream
D I N N E R	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 Battered French Fries 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