



	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	Breadcrumb 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: *Dianna Jagan 610128*  
4-29-2024



	Sun 10-06-2024	Mon 10-07-2024	Tue 10-08-2024	Wed 10-09-2024	Thu 10-10-2024	Fri 10-11-2024	Sat 10-12-2024
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	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
<b>D I N N E R</b>	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 Jagan 610128*  
4-29-2024



	Sun 10-13-2024	Mon 10-14-2024	Tue 10-15-2024	Wed 10-16-2024	Thu 10-17-2024	Fri 10-18-2024	Sat 10-19-2024	
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	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice Fresh Biscuit	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice	
L U N C H	Rosemary Lemon Chicken Garlic Pasta Green Beans Baked Roll Vanilla Cream Pie	Apple BBQ Pulled Pork Candied Yams Roasted Brussels Sprouts Baked Roll Blueberry Crumb Bar	Beef Tips Herb Mashed Potatoes Vegetable Medley Baked Roll Maple Bread Pudding	Homestyle Turkey and Gravy Bread Stuffing Buttered Squash Baked Roll Apple Cobbler	All Beef Hot Dog AuGratin Potatoes Roasted Carrots Baked Roll Spiced Pear Cake	Meatballs with Marinara Sauce Angel Pasta Oven Roasted Broccoli Baked Roll Peanut Butter Brownie	Garlic Broiled Chicken Breast Steamed Red Potatoes Peas and Carrots Baked Roll Strawberry Parfait	
D I N N E R	Grilled Cheese Sandwich Soft Fall Fruit Salad Fresh Tomato Soup Chips	Tuna and Noodles Peaches Roasted Zucchini Mozzarella Garlic Bread	White Chicken Chili Grapes Mixed Vegetables Cornbread	Shepherd's Pie Raspberry Jello Salad Roasted Cauliflower Crescent Rolls	Taco Cornbread Casserole Select Orange Salad Southwest Vegetable Medley Best Black Beans	Ham and Cheese Sliders Baked Cinnamon Apples Coleslaw	Pepperoni and Mushroom Pizza Assorted Fruit Caesar Salad Breadsticks	
	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 10-20-2024	Mon 10-21-2024	Tue 10-22-2024	Wed 10-23-2024	Thu 10-24-2024	Fri 10-25-2024	Sat 10-26-2024	
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	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice	Cheese Baked Eggs Fresh Fruit 100% Juice Whole Grain Toast	
L U N C H	Apple Pork Chop Baked Yams Green Beans Baked Roll Chocolate Turtle Cake	Hamburger Steak Classic Mashed Potatoes Baby Carrots Baked Roll Pumpkin Pie	Creamy Dill Chicken Fluffy Baked Rice Cauliflower with Cheese Sauce Baked Roll Fruit Crisp	Shrimp Scampi Fruit Cocktail Salad Seasoned Broccoli Garlic Breadsticks Lemon Pudding	Baked Beef Rigatoni Mandarin Oranges Brussels Sprouts Garlic Breadsticks Grandma's Brown Sugar Cake	Butter Crumb Chicken Parsley Potatoes California Blend Baked Roll Ice Cream	Beef Pot Pie with Gravy Baked Sweet Potato Garden Green Salad Baked Roll Peach Cobbler	
D I N N E R	BBQ Chicken Sandwich Cinnamon Fruit Cup Coleslaw French Fries	Baked Macaroni and Cheese Fruit Toss Lemon Pepper Green Beans Garlic Bread	Roast Beef Sandwich Creamy Peach Salad Pickle Spear Marinated Potato Salad	Rosemary Pork Stew Pear Fruit Cup Green Salad Cheddar Biscuits	Cheddar Ham Soup Apple Salad Fresh Cooked Carrots Fresh Cornbread	Cheese Quesadilla Pineapple Chunks Cherry Tomato Salad Spanish Rice	Chicken Rigatoni Fresh Fruit Salad Sauteed Zucchini Crusty Cheese Bread	
	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 10-27-2024	Mon 10-28-2024	Tue 10-29-2024	Wed 10-30-2024	Thu 10-31-2024	Fri 11-01-2024	Sat 11-02-2024	
<b>B R E A K F A S T</b>	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Fresh Fruit 100% Juice Whole Grain Toast	
<b>L U N C H</b>	Meatloaf Garlic Roasted Potatoes Fresh Cooked Carrots Baked Roll Chocolate Cream Pie	Classic Lasagna Mandarin Oranges Green Beans Garlic Breadsticks Fudge Brownie	Spiced Apple Pork Chops Rice Pilaf Garden Green Salad Baked Roll Soft Snickerdoodle	Salisbury Steak Sour Cream Potatoes Country Trio Medley Baked Roll Fruit Cobbler	<b>HALLOWEEN</b> Witches Brew Stew Children of the Cornbread Freaky Fruit	Beef and Bean Burrito Spanish Rice Beets Baked Roll Cookies and Cream Ice Cream	Hungarian Goulash Vegetable Medley Baked Roll Spice Cake	
<b>D I N N E R</b>	Shredded Pork Sandwich French Fries Fall Fruit Salad Green Salad Sweet Potato Fries	Pork and Sausage Jambalaya Pears Sauteed Peppers and Onions Cornbread Muffin	Chicken and Dumplings Fruit Medley Oven Roasted Broccoli Garlic Bread	Crispy Fish Sandwich AuGratin Potatoes Orange Slices Southern Coleslaw	<b>HALLOWEEN</b> Cheese Ghostie Toasty with Bats Blood Soup Crackers Freaky Fruit	Meat Lover's Pizza Grapes Light Caesar Salad Parmesan Breadsticks	Chicken Patty Sandwich Mandarin Oranges Pickle Relish Plate French Fries	
	Milk offered at every meal	Let's Make Dessert (Wednesday's) With Trisha						Week 3

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4-29-2024