

	Sun 08-28-2022	Mon 08-29-2022	Tue 08-30-2022	Wed 08-31-2022	Thu 09-01-2022	Fri 09-02-2022	Sat 09-03-2022
<b>B R E A K F A S T</b>	1 - Breakfast Burrito 1/4 c Fresh Tomato Salsa 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Texas French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Raisin Toast	1 - Denver Egg Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Famous Blueberry Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	1 - Egg Sausage Croissant 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice
<b>L U N C H</b>	3 oz Honey Glazed Meatballs 1/2 c Red Skin Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Fresh Banana Cream Pie	3 oz Chicken Francaise 1/2 c Lemon Chive Rice 1/2 c Oven Roasted Broccoli 1 - Baked Roll 1/2 c Sherbet Dessert	3 oz Pineapple Pork Chops 1/2 c Hawaiian Baked Beans 1/2 c Beets 1 - Baked Roll 3"x 2" pc Coconut Cake	3 oz Skillet Beef Patty with Gravy 1 - Baked Potato 1/2 c Mixed Vegetables 1 - Baked Roll 3"x 2" pc Funfetti Bars	3 oz Honey Dijon Roasted Chicken 1/2 c Penne Pasta 1/2 c Grilled Zucchini 1 - Baked Roll 1 slice Peanut Butter Pie	3 oz Crunchy Baked Fish 1/2 c Parmesan Roasted Potatoes 1/2 c Coleslaw 1 - Baked Roll 1/2 c Berry Crumble	3 oz Brown Sugar Meatloaf 1/2 c Fresh Cooked Yams 1/2 c Roasted Cauliflower 1 - Baked Roll 1/12 - Peach Angel Food Cake
<b>D I N N E R</b>	1 c Southern Ham and Beans 1/2 c Peach Spring Salad 1/2 c Collard Greens 3"x 2" pc Fresh Cornbread	1 c Cheese Tortellini 1/2 c Pears 1 c Spinach Tomato Salad 1 oz Garlic Bread	1 - Chicken Tacos 1/2 c Strawberry Mango Fruit Salad 1/2 c Mexicali Corn 1/2 c Southwest Rice	1 - Tuna Salad Sandwich 1/2 c Grapes 1/2 c Dill Cucumbers 1 oz Chips	1 c Hamburger Casserole 1/2 c Whipped Pineapple Salad 1/2 c Parsley Carrots 1 - Baked Roll	1 - Grilled Chicken Sandwich 1/2 c Cantaloupe 1/2 c Marinated Vegetable Salad 3 oz Steak Fries	3 oz Pork Adobo 1/2 c Fresh Tropical Fruit Cup 1/2 c Vegetable Medley 1/2 c Rice
	Milk offered at every meal						Week 1

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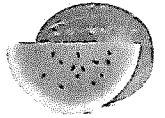
Dietitian's Signature: *Dana Segn RDN 4-10-2022*  
610128



	Sun 09-04-2022	Mon 09-05-2022	Tue 09-06-2022	Wed 09-07-2022	Thu 09-08-2022	Fri 09-09-2022	Sat 09-10-2022
<b>B R E A K F A S T</b>	2/3 c Baked Oatmeal with Cinnamon Apples 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	1/2 c Egg and Ham Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 - Banana 1/2 c 100% Juice 1 slice Raisin Toast	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Fluffy Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
<b>L U N C H</b>	3 oz Chicken Parmesan 1/2 c Garlic Pasta 1/2 c Sautéed Yellow Squash 1 - Pan Breadsticks 1 slice Lemon Chess Pie	3 oz Garlic Herb Pork Roast 1/2 c Glazed Sweet Potatoes 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 1 - Red Velvet Cupcakes	1 c Beef Stroganoff and Noodles 1/2 c Peas and Mushrooms 1 - Baked Roll 1/2 c Cinnamon Bread Pudding	1 c Turkey Potato Casserole 1/2 c Homestyle Stuffing 1/2 c Buttery Carrots 1 - Baked Roll 1/2 c Apple Cobbler	2/3 c Chicken Parmesan Dish 1/2 c AuGratin Potatoes 1/2 c Green Beans Almondine 1 - Baked Roll 1 slice Whipped Berry Pie	3 oz Hawaiian Meatballs 1/2 c Vegetable Fried Rice 1/2 c Steamed Sugar Snap Peas 1 - Baked Roll 3"x 2" pc Pineapple Shortcake	3 oz Grilled Lemon Chicken 1/2 c Roasted Red Potatoes 1/2 c Seasoned Broccoli 1 - Baked Roll Pc 2" Chocolate Chip Brownie
<b>D I N N E R</b>	1 - Egg Salad Sandwich 3/4 c Honeydew 2 slices Marinated Tomatoes 1 oz Chips	1 - Tuna Buns 1/2 c Select Orange Salad 1/2 c California Blend 3"x 2" pc Fresh Cornbread	2 c Grilled Chicken Strawberry Salad 2/3 c Cream of Cauliflower Soup 1 - Baked Roll	1 c Frito Chili Pie 1/2 c Peaches 1 c House Green Salad 1 - Cornbread Muffin	1 c Turkey Broccoli Bake 1/2 c Fruit Toss 1 - Baked Roll	1 - Chicken Enchiladas 1/2 c Apple Slices 1/2 c Creamy Coleslaw 3 oz Steak Fries	1 slice Crazy Crust Pizza 1/2 c Assorted Fruit 1 c Spinach Salad 1 - Parmesan Breadsticks
	Milk offered at every meal						Week 2

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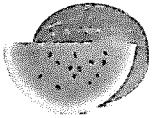
Dietitian's Signature: *Debra Jagan RDN 4-10-2022*  
610128



	Sun 09-11-2022	Mon 09-12-2022	Tue 09-13-2022	Wed 09-14-2022	Thu 09-15-2022	Fri 09-16-2022	Sat 09-17-2022
<b>B R E A K F A S T</b>	1 - Quick Cinnamon Buns 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Scrambled Egg and Bacon 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Deluxe Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Breakfast Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Spanish Omelet 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Cinnamon French Toast Dish 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Baked Egg Casserole 1 - Egg of Choice 1/2 - Banana 1/2 c 100% Juice 1 slice Whole Grain Toast
<b>L U N C H</b>	1 c Ground Beef Stroganoff 1/2 c Baked Yams 1/2 c Green Beans 1 - Baked Roll 1/2 c Hawaiian Fruit Salad	3 oz Country Fried Steak with Gravy 1/2 c Garlic Mashed Potatoes 1/2 c Peas and Carrots 1 - Baked Roll - 3"x 2" pc Banana Sheet Cake	3 oz Grilled Kielbasa with Summer Squash 1/2 c White and Wild Rice Pilaf 1/2 c Lemon Buttered Broccoli 1 - Baked Roll 1/2 c Pear Cobbler	3 oz Cod with Garlic Herb Sauce 1/2 c Roasted Potato Medley 1/2 c Spinach and Tomatoes 1 - Baked Roll 3"x 2" pc Creamy Lime Squares	3 oz Glazed Hamburger Steak 1 - Baked Sweet Potato 1/2 c Capri Blend 1 - Baked Roll 1 slice Oreo Cheesecake	1 c Chicken Bacon Rice Casserole 1/2 c Parmesan Pasta 1/2 c Grilled Asparagus 1 oz Garlic French Bread 1/2 c Fruit Crisp	3 oz BBQ Glazed Meatballs 1/2 c Baked Beans 1/3 - Corn on the Cob 3"x 2" pc Raspberry Crumb Cake
<b>D I N N E R</b>	1 c Salsa Chicken and Rice 1 c Cheese and Fruit Platter 1/2 c Pineapple Salad 1/2 c Mexican Roasted Vegetables 1/2 c Best Black Beans	1/2 c Tuna Salad and Crackers 1/2 c Fresh Fruit Salad 1/2 c Brussels Sprouts	1 - Deluxe Hamburger 3/4 c Watermelon 1 c Pickle Relish Plate 1/2 c BBQ Baked Beans	1 c Pork Stir-Fry over Rice 1/2 - Club Sandwich 1/2 c Coconut Ambrosia Salad 1 - Spring Egg Roll	1 c Scalloped Ham and Potatoes 1/2 c Pear Fruit Medley 1/2 c Honey Glazed Carrots 1 - Cornbread Muffin	2 c Taco Salad 1/2 c Peaches 1/2 c Apple Broccoli Salad 1/2 c Spanish Rice	1 - Turkey Salad Sandwich 1/2 c Grapes 1/2 c Three Bean Salad 1 oz Chips
	Milk offered at every meal						Week 3

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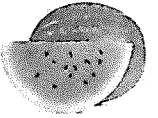
Dietitian's Signature: *Diane Aguirre RDN 4-10-2022*  
610128



	Sun 09-18-2022	Mon 09-19-2022	Tue 09-20-2022	Wed 09-21-2022	Thu 09-22-2022	Fri 09-23-2022	Sat 09-24-2022
<b>B R E A K F A S T</b>	1/2 c Sausage Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Homestyle Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 oz Sausage Link 1/2 - Banana 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3 - French Toast Sticks 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Mixed Berry Vanilla Baked Oatmeal 1 - Egg of Choice 1/2 c 100% Juice 1 - Fresh Biscuits	1 c Baked Omelet 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
<b>L U N C H</b>	3 oz Bread Crumb Chicken 1/2 c Seasoned Fried Potatoes 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 1 slice Pecan Pie	1 c Chicken Fettuccine with Sun-Dried Tomatoes 1/2 c Aloha Sweet Potatoes 1/2 c Steamed Broccoli 1 - Baked Roll 1/2 c Strawberry Cobbler	3 oz Creamy Herbed Pork Chops 1/2 c Lemon Rice 1/2 c Harvard Beets 1 - Baked Roll 3"x 2" pc Chocolate Sour Cream Cake	3 oz Hamburger Steak and Onions 1/2 c Herb Mashed Potatoes 1/2 c Glazed Baby Carrots 1 - Baked Roll 1/2 c Chocolate Eclair Dessert	3 oz Chicken with Mushroom Gravy 1/2 c Buttered Noodles 1/2 c Seasoned Peas 1 - Baked Roll 1 slice Dutch Apple Pie	1 - Beef and Bean Burrito 1/2 c Onion Roasted Potatoes 1/2 c Lemon Pepper Green Beans 1 - Baked Roll 1/2 c Bread Pudding	1 - Steak Fajita 1/2 c Corn 1 - Baked Roll 3"x 2" pc Tres Leches Cake
<b>D I N N E R</b>	3 oz Shredded Pork 1/2 c Apple Salad 1/2 c Sautéed Zucchini 1/2 c Delicious Rice	1 - Sloppy Joes 1/2 c Cantaloupe 1/2 c Southern Vegetable Salad 3 oz Steak Fries	2 - Chicken Manicotti 1/2 c Fruit Compote 1/2 c Italian Seasoned Green Beans 1 - Crusty Garlic Bread	1 c Turkey Noodle Soup 1/2 c Spring Fruit Cup 1/2 c Vegetable Medley 1 - Cornbread Muffin	1 - Ham Sandwich 1/2 c Peaches 1/2 c Capri Blend 1 oz Chips	2 - Mozzarella Mini Pizzas 1/2 c Assorted Fruit 1 c Caesar Salad 1 - Garlic Breadsticks	1 c Chicken Rice Bake 1/2 c Melon Salad 1/2 c California Blend 1 - Baked Roll
Milk offered at every meal							Week 4

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Dietitian's Signature: *Diane Agan RDN 4-10-2022*  
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	Sun 09-25-2022	Mon 09-26-2022	Tue 09-27-2022	Wed 09-28-2022	Thu 09-29-2022	Fri 09-30-2022	Sat 10-01-2022
<b>B R E A K F A S T</b>	2 - Buttermilk Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Muffin	1/2 c Egg Mushroom Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1/2 - English Muffin	1 - Blueberry French Toast Bake 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Ham Egg and Cheese Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Belgian Waffles 1/2 c Fresh Fruit 1/2 c 100% Juice
<b>L U N C H</b>	3 oz Beef Patty with BBQ Sauce 1/2 c Baked Yams 1/2 c Skillet Cabbage 1 - Baked Roll 3"x 2" pc Lemon Cake	3 oz Oven Fried Chicken 1/2 c Sour Cream Potato Salad 1/2 c Succotash 1 - Baked Roll 1/2 c Peach Cobbler	3 oz Slow Roasted Carved Turkey 1/2 c Parsley Noodles 1/2 c Roasted Asparagus 1 - Baked Roll 1 slice Chocolate Cream Pie	3 oz Pork Roast with Gravy 1/2 c Creamy Cheese Grits 1/2 c Green Bean Cauliflower Blend 1 - Baked Roll 3"x 2" pc White Poke Cake	3 oz Seasoned Salisbury Steak 1/2 c Classic Mashed Potatoes 1/2 c Roasted Carrots 1 - Baked Roll 1 - Country Apple Dumplings	3 oz Tangy Baked Fish Fillets 1/2 c Confetti Rice Pilaf 1/2 c Sauteed Spinach 1 - Baked Roll 1/2 c Pineapple Blueberry Crumble	1 - Big Mac Sliders 1/2 c Red Skin Mashed Potatoes 1 c Garden Green Salad 1 - Whole Grain Bread 3"x 2" pc Cinnamon Coffee Cake
<b>D I N N E R</b>	1 c Pork Chili 1/2 c Mandarin Oranges 1 c Romaine Salad with Avocado Dressing 1/2 c Best Black Beans	1 slice Spinach and Feta Quiche 1/2 c Pear Fruit Cup 1/2 - Herb Roasted Tomatoes	1 - Chicken Salad on Bun 1/2 c Pineapple Chunks 1 c Green Salad 1 - Baked Roll	1 c Spaghetti with Meat Marinara Sauce 1/2 c Peaches 1/2 c Tossed Vegetable Salad 1 oz Garlic Bread	1 - Classic Turkey Sandwich 1/2 c Grapes 1/2 c Beet Salad	1 c Beef Bake Stew 1/2 c Tangy Fruit Salad 1/2 c Corn Salad 1 - Fresh Biscuits	3 oz Breadcrumb Chicken Tenders 3/4 c Watermelon 1/2 c Southern Coleslaw 10 - Tater Tots
	Milk offered at every meal						Week 5

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Dietitian's Signature: *Diane Argen RDN 4-10-2022*  
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