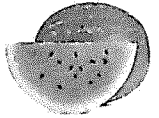




	Sun 10-02-2022	Mon 10-03-2022	Tue 10-04-2022	Wed 10-05-2022	Thu 10-06-2022	Fri 10-07-2022	Sat 10-08-2022
<b>B R E A K F A S T</b>	1 - Breakfast Burrito 1/4 c Fresh Tomato Salsa 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Texas French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - 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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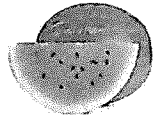
Dietitian's Signature: *Diane Agn RDN 4-10-2022*  
610128



	Sun 10-09-2022	Mon 10-10-2022	Tue 10-11-2022	Wed 10-12-2022	Thu 10-13-2022	Fri 10-14-2022	Sat 10-15-2022
<b>B R E A K F A S T</b>	1 - Denver Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Sausage Country Gravy and Biscuits 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Pumpkin Spice Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Apple Cinnamon Baked French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Belgian Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Homestyle Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
<b>L U N C H</b>	3 oz Cranberry Chicken 3 oz Maple Crusted Beef Roast 1/2 c Rice Pilaf 1/2 c Green Beans Almondine 1 - Baked Roll 1 slice Vanilla Cream Pie	3 oz Pork Tenderloin 1 slice Broccoli Quiche 1/2 c Candied Yams 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Blueberry Coffee Cake	3 oz Beef Tips and Sauce 3 oz Grilled Fish with Aioli Sauce 1/2 c Garlic Mashed Potatoes 1/2 c Glazed Baby Carrots 1 - Baked Roll 3"x 2" pc Peanut Butter Brownie	3 oz Lemon Oregano Turkey 3 oz Peachy Pork Chop 1/2 c Homestyle Stuffing 1/2 c Buttered Squash 1 - Baked Roll 1/2 c Fruit Cobbler	3 oz Ham and Cabbage 3 oz Parmesan Crusted Chicken 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 1 - Molasses Sugar Cookie	1 c Meatballs with Marinara Sauce 3 oz Baked Salmon with Basil Cream Sauce 1/2 c Parmesan Pasta 1/2 c Oven Roasted Broccoli 1 oz Garlic Bread 3"x 2" pc Spiced Pear Cake	3 oz Garlic Broiled Chicken Breast 3 oz Corned Beef Brisket 1/2 c Smashed Red Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Berry Trifle
<b>D I N E R</b>	1 - Grilled Cheese Sandwich 1/2 c Turkey Salad 1/2 c Fruit Compote 2/3 c Fresh Tomato Soup 1 oz Chips	1 c Tuna and Noodles 1 - Onion French Dip Sandwich 1/2 c Fresh Fruit Cup 1/2 c Parmesan Peas 1 - Garlic Breadsticks	1 - Crispy BBQ Chicken Salad 1 - Sausage Stromboli 1/2 c Peaches 1 - Cornbread Muffin	1 - Baked Potato with Chili 1-1/2 c Greek Salad 1/2 c Raspberry Jello Salad 1/2 c Potato Veggie Toppings 1 - Buttermilk Biscuits	1 c Taco Cornbread Casserole 1 - Reuben Sandwich 1/2 c Orange Pineapple Salad 1/2 c Southwest Vegetable Medley 1/2 c Best Black Beans	1 - Shredded Pork Sandwich 3 oz Chicken Italiano 1/2 c Fruit Cocktail 1/2 c Apple Coleslaw 1/2 c Sweet Potato Fries	1 - Pepperoni and Mushroom Pizza 1 c Shepherd's Pie 1/2 c Assorted Fruit 1 c Mixed Green Salad 1 - Garlic Knots
	Milk offered at every meal						Week 1

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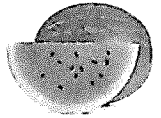
Dietitian's Signature: *Debra Jagan RDN 4-10-2022*  
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	Sun 10-16-2022	Mon 10-17-2022	Tue 10-18-2022	Wed 10-19-2022	Thu 10-20-2022	Fri 10-21-2022	Sat 10-22-2022
<b>B R E A K F A S T</b>	1 c Baked Hash Browns with Bacon 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Ham Egg Muffin 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Scrambled Egg 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Breakfast Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Homestyle Pancakes 1 - Egg of Choice 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 - Muffin
<b>L U N C H</b>	3 oz Tangy Pork Roast 3 oz Beef Roast 1/2 c Baked Yams 1/2 c Green Beans 1 - Baked Roll 1/2 c Southern Peach Cobbler	3 oz Smothered Cube Steak 3 oz Turkey with Mushroom Sauce 1/2 c Seasoned Potatoes 1/2 c Peas and Carrots 1 - Baked Roll Pc 2" Chocolate Turtle Cake	3 oz Southern Fried Drumstick 1 c Sausage and Peppers 1/2 c Baked Sweet Potato Wedges 1/2 c Yellow Squash and Onions 1 - Baked Roll 1/2 c Apple Crumble	3 oz Parmesan Crusted Cod 3 oz Thyme Glazed Ham 1/2 c Lemon Chive Rice 1/2 c Roasted Asparagus 1 - Baked Roll 1 slice Lemon Icebox Pie	3 oz Chicken Fried Steak and Gravy 3 oz Turkey Roast with Stuffing 1/2 c Classic Mashed Potatoes 1/2 c Corn O'Brien 3"x 2" pc Grandma's Brown Sugar Cake	3 oz Butter Crumb Chicken 3 oz Grilled Shrimp 1/2 c Roasted Potato Medley 1/2 c California Blend 1 - Baked Roll 1 slice Blueberry Cheesecake	3 oz St. Louis BBQ Pork Ribs 3 oz Honey Glazed Meatballs 1 - Baked Sweet Potato 1/2 c Classic Lima Beans 1 - Baked Roll 1 - Chocolate Chip Walnut Cookie
<b>D I N E R</b>	1 c Roasted Chicken and Red Potatoes 2 c Chef Salad 1/2 c Pear Fruit Cup 1/2 c Parsley Carrots 1 - Baked Roll	1 c Baked Crab Macaroni Cheese 1 - Pimento Cheese Sandwich 1/2 c Fruit Toss 1/2 c Lemon Buttered Broccoli	1 - Hot Roast Beef Sandwich 1 - Turkey Provolone Melts 1/2 c Citrus Fruit Salad 1/2 c Beets 1/2 c Fresh Mashed Potatoes	1 c Pork Chop and Potato Bake 1 - Italian Sub Sandwich 1/2 c Tangy Fruit Salad 1/2 c Roasted Parmesan Brussels Sprouts 1 - Baked Roll	1 c Ham and Beans 1 - Chicken Salad on Croissant 1/2 c Soft Fall Fruit Salad 1/2 c Greens 3"x 2" pc Fresh Cornbread	1 c Steak Caesar Salad 1 - Egg Salad Sandwich 1 - Orange Slices 1 - Pan Breadsticks	1 c Chicken Rigatoni 1 - All Beef Hot Dog 1/2 c Fruit Medley 1/2 c Italian Seasoned Green Beans 1 oz Garlic Bread
	Milk offered at every meal						Week 2

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	Sun 10-23-2022	Mon 10-24-2022	Tue 10-25-2022	Wed 10-26-2022	Thu 10-27-2022	Fri 10-28-2022	Sat 10-29-2022
<b>B R E A K F A S T</b>	2 - Cinnamon French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Oatmeal Raisin Muffin 1 - Egg of Choice 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 slice Whole Grain Toast	1 - Fried Egg 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	2 - Perfect Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Maple Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Cinnamon Toast	1 c Potato Omelet Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
<b>L U N C H</b>	3 oz Meatloaf 3 oz Oven Baked Chicken 1/2 c Penne Pasta 1/2 c Glazed Carrots 1 - Baked Roll 1 slice Pumpkin Pie	3 oz Herb Crusted Chicken 3 oz Baked Lemon Pepper Salmon 1/2 c Parsley Rice 1/2 c Garlic Green Beans 1 - Baked Roll 1/2 c Pear Crisp	3 oz Spiced Apple Pork Chops 3 oz Marinated Turkey 1/2 c Cranberry Sage Dressing 1/2 c Baked Squash 1 - Baked Roll 3"x 2" pc Banana Pudding Poke Cake	3 oz Salisbury Steak 3 oz Maple Glazed Ham Steak 1/2 c Sour Cream Potatoes 1/2 c Peas and Onions 1 - Baked Roll 1/2 c Chocolate Cobbler	3 oz Seasoned Chicken Legs 3 oz Roasted Rosemary Pork 1/2 c Classic Macaroni Salad 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Cherry Pie	3 oz Homemade Crab Cake 3 oz Beef Cube Steaks 3 oz Steamed Red Potatoes 1/2 c Herb Roasted Vegetables 1 - Baked Roll 1 - M&M Cookie	1 c Hungarian Goulash 3 oz Homestyle Turkey and Gravy 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Autumn Spice Cake
<b>D I N N E R</b>	1 slice Bacon Tomato Quiche 1/2 c Tuna Salad on Rolls 1/2 c Pineapple Fruit Cup 1/2 c Squash and Roasted Peppers	1 - Swiss Burger 1 c Layered Sausage Casserole 1/2 c Peach Salad 1 - Pickle Spear 1/2 c Potato Salad	1 c Chicken Alfredo Pasta 1 - Grilled Mozzarella Tomato Sandwich 1/2 c Four Fruit Compote 1/2 c Lemon Buttered Broccoli 1 oz Garlic Bread	3 oz Fish and Chips 1 - Turkey Pesto Melt 1/2 c Grapes 1/2 c Honey Lime Cucumber Pineapple Salad	1 - Hero Sandwich 1 c Baked Spaghetti 1/2 c Apple Slices 1 c Layered Salad 1 oz Chips	1 - Meat Lover's Pizza 1 c Cold Salad Trio 1/2 c Pears 1 c Light Caesar Salad 1 - Parmesan Breadsticks	1 - Chicken Patty Sandwich 1 - Sour Cream Burrito with Red Sauce 1/2 c Mandarin Oranges 1/2 c Three Bean Salad 1/2 c Sweet Potato Fries
	Milk offered at every meal						Week 3

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610128