



	Sun 11-06-2022	Mon 11-07-2022	Tue 11-08-2022	Wed 11-09-2022	Thu 11-10-2022	Fri 11-11-2022	Sat 11-12-2022
B R E A K F A S T	2 - Fluffy Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Egg and Ham Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	1 oz Cold Cereal 1 - Egg of Choice 1/2 - Banana 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Fried Egg 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	2/3 c Bananas Foster Oatmeal 1 - Egg of Choice 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Breakfast Burrito 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Seasoned Pot Roast 1/2 c Herb Mashed Potatoes 1/2 c Maple Roasted Carrots 1 - Baked Roll 1 slice Banana Chocolate Cream Pie	3 oz Buttermilk Baked Chicken 1/2 c Fresh Cooked Yams 1/2 c Roasted Cabbage 1 - Baked Roll 1/2 c Apple Cobbler	3 oz Crispy Pork Chop 1/2 c Sour Cream Potato Bake 1/2 c Mixed Vegetables 1 - Baked Roll 3"x 2" pc Carrot Cake	3 oz Pepper Steak with Gravy 1/2 c Rice 1/2 c Stir-Fried Zucchini 1 - Baked Roll 1 - Coconut Cookie	3 oz Rosemary Lemon Chicken 1/2 c Angel Pasta 1/2 c Green Beans Italian 1 - Baked Roll 1/2 c Blackberry Vanilla Parfait	3 oz Breaded Fish Fillet 1/2 c Seasoned Fried Potatoes 1/2 c Garden Blend 1 - Baked Roll 1/2 c Peach Crisp	3 oz Mozzarella Meatloaf 1/2 c Smashed Red Potatoes 1/2 c Seasoned Peas 1 - Baked Roll 1 slice Angel Food Cake
D I N N E R	1 c Ham and Biscuit Bake 1/2 c Winter Fruit Medley 1/2 c Roasted Root Vegetables	5 oz Three Cheese Ravioli 1/2 c Select Peach Salad 1/2 c Seasoned Broccoli 1 - Pan Breadsticks	2/3 c Chicken Parmesan Dish 1/2 c Jello Salad 1/2 c Grilled Asparagus 1 oz Garlic French Bread	1 - Crab Salad Croissant 1/2 c Grapes 1/2 c Dill Cucumbers 1/2 c Pasta Salad	1 - Soft Taco 1/2 c Tropical Mixed Fruit 1/2 c Black Bean Corn Salad 1/2 c Lime Cilantro Rice	1 - BBQ Chicken Sandwich 1 - Orange Slices 1/2 c Sweet Onion Coleslaw 1/2 c Sweet Potato Fries	1 c Roasted Pork and Yams 1/2 c Baked Cinnamon Apples 1/2 c Collard Greens 3"x 2" pc Fresh Cornbread
Milk offered at every meal							Week 5

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Dietitian's Signature: *Diane A. Agui #610128*
10-9-2022



	Sun 11-13-2022	Mon 11-14-2022	Tue 11-15-2022	Wed 11-16-2022	Thu 11-17-2022	Fri 11-18-2022	Sat 11-19-2022
B R E A K F A S T	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
L U N C H	3 oz Cranberry Chicken 1/2 c Rice Pilaf 1/2 c Green Beans Almondine 1 - Baked Roll 1 slice Vanilla Cream Pie	3 oz Pork Tenderloin 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 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 1/2 c Homestyle Stuffing 1/2 c Buttered Squash 1 - Baked Roll 1/2 c Fruit Cobbler	3 oz Ham and Cabbage 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 1 - Molasses Sugar Cookie	1 c Meatballs with Marinara 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 1/2 c Smashed Red Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Berry Trifle
D I N N E R	1 - Grilled Cheese Sandwich 1/2 c Fruit Compote 2/3 c Fresh Tomato Soup 1 oz Chips	1 c Tuna and Noodles 1/2 c Fresh Fruit Cup 1/2 c Parmesan Peas 1 - Garlic Breadsticks	1 - Crispy BBQ Chicken Salad 1/2 c Peaches 1 - Cornbread Muffin	1 - Baked Potato with Chili 1/2 c Raspberry Jello Salad 1/2 c Potato Veggie Toppings 1 - Buttermilk Biscuits	1 c Taco Cornbread Casserole 1/2 c Orange Pineapple Salad 1/2 c Southwest Vegetable Medley 1/2 c Best Black Beans	1 - Shredded Pork Sandwich 1/2 c Fruit Cocktail 1/2 c Apple Coleslaw 1/2 c Sweet Potato Fries	1 - Pepperoni and Mushroom Pizza 1/2 c Assorted Fruit 1 c Mixed Green Salad 1 - Garlic Knots
	Milk offered at every meal						Week 1

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	Sun 11-20-2022	Mon 11-21-2022	Tue 11-22-2022	Wed 11-23-2022	Thu 11-24-2022	Fri 11-25-2022	Sat 11-26-2022
B R E A K F A S T	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
L U N C H	3 oz Tangy Pork 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 1/2 c Seasoned Potatoes 1/2 c Peas and Carrots 1 - Baked Roll Pc 2" Chocolate Turtle Cake	3 oz Southern Fried Drumstick 1/2 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 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 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 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 1 - Baked Sweet Potato 1/2 c Classic Lima Beans 1 - Baked Roll 1 - Chocolate Chip Walnut Cookie
D I N E R	1 c Roasted Chicken and Red Potatoes 1/2 c Pear Fruit Cup 1/2 c Parsley Carrots 1 - Baked Roll	1 c Baked Crab Macaroni Cheese 1/2 c Fruit Toss 1/2 c Lemon Buttered Broccoli	1 - Hot Roast Beef Sandwich 1/2 c Citrus Fruit Salad 1/2 c Beets 1/2 c Fresh Mashed Potatoes	1 c Pork Chop and Potato Bake 1/2 c Tangy Fruit Salad 1/2 c Roasted Parmesan Brussels Sprouts 1 - Baked Roll	1 c Ham and Beans 1/2 c Soft Fall Fruit Salad 1/2 c Greens 3"x 2" pc Fresh Cornbread	1 c Steak Caesar Salad 1 - Orange Slices 1 - Pan Breadsticks	1 c Chicken Rigatoni 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 11-27-2022	Mon 11-28-2022	Tue 11-29-2022	Wed 11-30-2022	Thu 12-01-2022	Fri 12-02-2022	Sat 12-03-2022
B R E A K F A S T	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
L U N C H	3 oz Meatloaf 1/2 c Penne Pasta 1/2 c Glazed Carrots 1 - Baked Roll 1 slice Pumpkin Pie	3 oz Herb Crusted Chicken 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 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 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 1/2 c Classic Macaroni Salad 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Cherry Pie	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 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Autumn Spice Cake
D I N N E R	1 slice Bacon Tomato Quiche 1/2 c Pineapple Fruit Cup 1/2 c Squash and Roasted Peppers	1 - Swiss Burger 1/2 c Peach Salad 1 - Pickle Spear 1/2 c Potato Salad	1 c Chicken Alfredo Pasta 1/2 c Four Fruit Compote 1/2 c Lemon Buttered Broccoli 1 oz Garlic Bread	3 oz Fish and Chips 1/2 c Grapes 1/2 c Honey Lime Cucumber Pineapple Salad	1 c Baked Spaghetti 1/2 c Apple Slices 1 c Layered Salad 1 oz Chips	1 - Meat Lover's Pizza 1/2 c Pears 1 c Light Caesar Salad 1 - Parmesan Breadsticks	1 - Chicken Patty Sandwich 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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