



	Sun 03-05-2023	Mon 03-06-2023	Tue 03-07-2023	Wed 03-08-2023	Thu 03-09-2023	Fri 03-10-2023	Sat 03-11-2023
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 Sandwich 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 - Assorted Donuts 1/2 c Fresh Fruit 1/2 c 100% Juice 1 c Milk	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	1 c Beef and Noodles 1/2 c Pasta Salad 1/2 c Peas and Carrots 1 - Baked Roll 1/2 c Ice Cream	3 oz Southern Fried Drumstick 1/2 c Baked Sweet Potato Wedges 1 c Garden Green Salad 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 2 c Chef Salad 1/2 c Pear Fruit Cup 1/2 c Parsley Carrots 1 - Baked Roll	1 - Pimento Cheese Sandwich 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 - Egg Salad Sandwich 1 - Orange Slices 1 c Green Salad 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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Dietitian's Signature: *Diane A. Jager #610128*
10-9-2022



	Sun 03-12-2023	Mon 03-13-2023	Tue 03-14-2023	Wed 03-15-2023	Thu 03-16-2023	Fri 03-17-2023	Sat 03-18-2023
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 1/2 c Ice Cream	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 Pork Roast with Gravy 1/2 c Cranberry Sage Dressing 1/2 c Baked Squash 1 - Baked Roll 3"x 2" pc Banana Pudding Poke Cake	10 oz Beef Stroganoff 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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	Sun 03-19-2023	Mon 03-20-2023	Tue 03-21-2023	Wed 03-22-2023	Thu 03-23-2023	Fri 03-24-2023	Sat 03-25-2023
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk Pancakes 1 - Egg of Choice 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	1/2 c Country Gravy and Biscuits 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Ham Egg and Cheese Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Cinnamon Belgian Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - English Muffin Breakfast Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Ham and Cheese Casserole 1/2 c Scalloped Potatoes 1/2 c Seasoned Cauliflower 1 - Baked Roll 1 slice German Cheesecake	1 c Chicken Fettuccine 1/2 c Seasoned Rice 1/2 c Roasted Zucchini 1 - Baked Roll 1/2 c Fruit Crisp	3 oz Swedish Meatballs 1/2 c Noodles 1/2 c Lemon Pepper Green Beans 1 - Baked Roll Pc 2" Chocolate Chip Cake	3 oz Grilled Chicken Legs 1/2 c Roasted Yams 1/2 c Harvard Beets 1 - Baked Roll 1 slice Pecan Pie	3 oz Beef Patty with Mushroom Gravy 1 - Baked Potato 1/2 c Lemon Glazed Carrots 1 - Baked Roll 1 - Pudding Tart	3 oz Sirloin Pork Roast 1/2 c White and Wild Rice Pilaf 1/2 c Sautéed Spinach 1 - Baked Roll 1/2 c Berry Buckle Cake	3 oz Turkey with Pan Gravy 1/2 c Cornbread Dressing 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1 Pc 2" Pumpkin Squares
D I N N E R	1 - Grilled Turkey and Swiss Sandwich 1/2 c Peaches 1/2 c Carrot Raisin Salad	1 c Broccoli Cheese Casserole 1/2 c Fresh Fruit Salad 1 - Grilled Tomatoes 1 - Whole Grain Bread	1-1/2 c Chicken Taco Salad 1/2 c Pineapple Chunks 3"x 2" pc Mexican Cornbread	1 c Baked Ziti 1/2 c Assorted Fruit 1 c Lettuce Tomato Salad 1 - Crusty Garlic Bread	1 - Hot Turkey Sandwich with Gravy 1/2 c Pear Fruit Medley 1/2 c Green Beans	1 c Beef Enchilada Casserole 1/2 c Fruit Cocktail Salad 1/2 c Vegetable Medley Salad 1 - Baked Roll	3 oz Chicken Tenders 1/2 c Apple Slices 1/2 c Coleslaw Vinaigrette 10 - Tater Tots
Milk offered at every meal							Week 4

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	Sun 03-26-2023	Mon 03-27-2023	Tue 03-28-2023	Wed 03-29-2023	Thu 03-30-2023	Fri 03-31-2023	Sat 04-01-2023
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 Gold Rush Meatballs 1/2 c Herb Mashed Potatoes 1/2 c Maple Roasted Carrots 1 - Baked Roll 1 slice Banana Chocolate Cream Pie	1 - Rosemary Roasted Chicken Thigh 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	1 c Cheeseburger Casserole 1/2 c Rice 1/2 c Stir-Fried Zucchini 1 - Baked Roll 1 - Coconut Cookie	1 c Chicken Bacon Rice Bake 1/2 c Angel Pasta 1/2 c Green Beans Italian 1 - Baked Roll 1/2 c Blackberry Vanilla Parfait	3 oz Baked Sliced Ham 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 c Shrimp Fettuccine 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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