



| | Sun 04-30-2023 | Mon 05-01-2023 | Tue 05-02-2023 | Wed 05-03-2023 | Thu 05-04-2023 | Fri 05-05-2023 | Sat 05-06-2023 |
|---|--|---|--|--|---|---|--|
| B R E A K F A S T | 2/3 c Mixed Berry Vanilla Baked Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 2 - Brown Sugar French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 c Bacon and Egg Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 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 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Egg and Cheese Biscuit 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice | 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 |
| L U N C H | 3 oz Beef Pot Roast 1/2 c Garlic Mashed Potatoes 1/2 c Honey Glazed Carrots 1 - Baked Roll 1 slice Fresh Coconut Cream Pie | 3 oz Herbed Parmesan Chicken 1/2 c Angel Pasta 1/2 c Brussels Sprouts 1 - Baked Roll 1/2 c Strawberry Cobbler | 3 oz Smothered Pork Chops 1/2 c Mushroom Rice 1 c Garden Green Salad 1 - Baked Roll 3"x 2" pc Chocolate Caramel Cake | 3 oz Salisbury Steak and Gravy 1/2 c Roasted Rosemary Potatoes 1/2 c Peas and Onions 1 - Baked Roll 3"x 2" pc Carrot Cake Bars | 3 oz Grilled Chicken Breast 1/2 c Parsley Noodles 1/2 c Capri Blend 1 - Baked Roll 1 slice Key Lime Pie | 3 oz Cheddar Crumb Fish 1/2 c Seasoned Brown Rice 1/2 c Steamed Broccoli 1 - Baked Roll 1/2 c Apple Crisp | 3 oz Mexican Meatloaf with Salsa Topping 1/2 c Ranch Roasted Potatoes 1/2 c Sweet Grilled Corn 1 Pc 2" Lemon Dream Cake |
| D I N E R | 1 c Skillet Ham and Potatoes 1/2 c Pear Fruit Cup 1/2 c Green Beans with Bacon 1 - Cornbread Muffin | 1 c Campfire Stew 1/2 c Honeydew Salad 1/2 - Herb Roasted Tomatoes 1/2 c Homestyle Fried Potatoes | 1 slice Pepperoni Pizza 1/2 c Jello Salad 1/2 c Fresh Asparagus 1 - Breadsticks | 1 c Sausage Veggie Casserole 1/2 c Grapes 1/2 c Dill Cucumbers 1 oz Chips | 1 c Italian Meatball Dish 1/2 c Peach Spring Salad 1/2 c Squash Medley | 1 c Baked Macaroni and Cheese 1 c Watermelon 1/2 c Hawaiian Coleslaw 1/2 c Sweet Potato Fries | 1 - Sub Sandwich 1/2 c Tropical Pineapple Salad 1/2 c Orange Glazed Carrots 1/2 c Rice |
| | Milk offered at every meal | | | | | | Week 4 |

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Dietitian's Signature: *Diane Jager* 4-5-2023
610128



| | Sun 05-07-2023 | Mon 05-08-2023 | Tue 05-09-2023 | Wed 05-10-2023 | Thu 05-11-2023 | Fri 05-12-2023 | Sat 05-13-2023 |
|---|--|--|---|---|--|---|--|
| B R E A K F A S T | 2 - Homestyle Pancakes 1 oz Sausage Link 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 Whole Grain Toast | 1/2 c Egg Mushroom Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice | 3 - French Toast Sticks 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 c Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 1 - Egg and Ham Wrap 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Deluxe Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice |
| L U N C H | 3 oz Bacon Ranch Chicken 1 c Pot Roast and Vegetables 3 oz Steamed Red Potatoes 1/2 c California Blend 1 - Baked Roll 1 slice Fresh Blueberry Pie | 3 oz Roasted Pork Loin with Pan Gravy 1 - Baked Green Chile and Cheese Enchilada 1/2 c Glazed Sweet Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Peanut Butter Cake | 3 oz Beef Tips Au Jus 3 oz Baked Cod with Dill Sauce 1/2 c Garlic Parmesan Rice 1/2 c Herb-Buttered Corn and Green Beans 1 - Baked Roll 1/2 c Oreo Delight | 3 oz Slow Roasted Carved Turkey 3 oz Grilled Pork Chop 1/2 c Cornbread Dressing 1/2 c Roasted Squash 1 - Baked Roll 1/2 c Cherry Cobbler | 3 oz Classic Baked Ham 3 oz Garlic Broiled Chicken Leg 1/2 c Mashed Yams 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1 slice Butterscotch Cream Pie | 3 oz Baked Meatballs with Gravy 3 oz Herb and Panko Encrusted Salmon 1/2 c Roasted Potato Medley 1/2 c Baby Carrots 1 - Baked Roll 3"x 2" pc Boston Cream Cake | 3 oz Southern Fried Chicken 3 oz Corned Beef and Cabbage 1/2 c Classic Macaroni Salad 1/2 c Collard Greens 1 - Baked Roll 3"x 2" pc Frosted Banana Bars |
| D I N N E R | 1 - Egg Salad Sandwich 2/3 c Turkey A La King 1 c Cantaloupe 1/2 c Vinaigrette Tomatoes 1 oz Crackers | 1 c Seafood Alfredo 1 - Cheeseburger 1/2 c Fruit Medley 1/2 c Roasted Asparagus 1 - Garlic Breadsticks | 1-1/2 c Southwest Chicken Salad 1 - Italian Sausage Sandwich 1/2 c Peaches 1 - Cornbread Muffin | 1 c Lazy Stuffed Peppers 2 c Summer Fruit Salad 1/2 c Tangy Pear Salad 1/2 c Farm Fresh Vegetables 1 - Baked Roll | 1 c Turkey Noodle Bake 1 - Pastrami Sandwich 1/2 c Colorful Fruit Salad 1/2 c Lemon Buttered Broccoli 1 - Crusty Garlic Bread | 1 - Hawaiian Grilled Cheese 1 c Chicken Tikka Masala 1/2 c Apple Slices 1/2 c Sweet Onion Coleslaw 1 oz Crackers | 1 - Sausage and Mushroom Pizza 1 c Beef Broccoli Dish 1/2 c Assorted Fruit 1 c Light Caesar Salad |
| | Milk offered at every meal | | | | | | Week 5 |

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| | Sun 05-07-2023 | Mon 05-08-2023 | Tue 05-09-2023 | Wed 05-10-2023 | Thu 05-11-2023 | Fri 05-12-2023 | Sat 05-13-2023 |
|---|--|--|---|---|---|---|--|
| B R E A K F A S T | 2 - Homestyle Pancakes 1 oz Sausage Link 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 Whole Grain Toast | 1/2 c Egg Mushroom Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice | 3 - French Toast Sticks 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 c Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 1 - Egg and Ham Wrap 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Deluxe Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice |
| L U N C H | 3 oz Bacon Ranch Chicken 3 oz Steamed Red Potatoes 1/2 c California Blend 1 - Baked Roll 1 slice Fresh Blueberry Pie | 3 oz Roasted Pork Loin with Pan Gravy 1/2 c Glazed Sweet Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Peanut Butter Cake | 3 oz Beef Tips Au Jus 1/2 c Garlic Parmesan Rice 1/2 c Herb-Buttered Corn and Green Beans 1 - Baked Roll 1/2 c Oreo Delight | 3 oz Slow Roasted Carved Turkey 1/2 c Cornbread Dressing 1/2 c Roasted Squash 1 - Baked Roll 1/2 c Cherry Cobbler | 3 oz Classic Baked Ham 1/2 c Mashed Yams 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1 slice Butterscotch Cream Pie | 3 oz Baked Meatballs with Gravy 1/2 c Roasted Potato Medley 1/2 c Baby Carrots 1 - Baked Roll 3"x 2" pc Boston Cream Cake | 3 oz Southern Fried Chicken 1/2 c Classic Macaroni Salad 1/2 c Collard Greens 1 - Baked Roll 3"x 2" pc Frosted Banana Bars |
| D I N N E R | 1 - Egg Salad Sandwich 1 c Cantaloupe 1/2 c Vinaigrette Tomatoes 1 oz Crackers | 1 c Seafood Alfredo 1/2 c Fruit Medley 1/2 c Roasted Asparagus 1 - Garlic Breadsticks | 1-1/2 c Southwest Chicken Salad 1/2 c Peaches 1 - Cornbread Muffin | 1 c Lazy Stuffed Peppers 1/2 c Tangy Pear Salad 1/2 c Farm Fresh Vegetables 1 - Baked Roll | 1 c Turkey Noodle Bake 1/2 c Colorful Fruit Salad 1/2 c Lemon Buttered Broccoli 1 - Crusty Garlic Bread | 1 - Hawaiian Grilled Cheese 1/2 c Apple Slices 1/2 c Sweet Onion Coleslaw 1 oz Crackers | 1 - Sausage and Mushroom Pizza 1/2 c Assorted Fruit 1 c Light Caesar Salad |
| Milk offered at every meal | | | | | | | Week 5 |

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| | Sun 05-14-2023 | Mon 05-15-2023 | Tue 05-16-2023 | Wed 05-17-2023 | Thu 05-18-2023 | Fri 05-19-2023 | Sat 05-20-2023 |
|--|---|--|---|--|--|---|--|
| B R E A K F A S T | 1/2 c Cheesy Scrambled Eggs 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Blueberry Muffin | 2 - Cinnamon French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Fried Egg 1/2 c Country Potatoes 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 6 oz Sausage Potato Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 1 - Bacon Egg and Avocado Toast 1/2 c Fresh Fruit 1/2 c 100% Juice | 2 - Homestyle Waffles 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice |
| L U N C H | 3 oz Oven Roasted Pork 1 - Baked Sweet Potato 1/2 c Parmesan Green Beans 1 c Milk 1 slice Apple Pie | 3 oz Monterrey Jack Cube Steak 1/2 c Garlic Herb Mashed Potatoes 1/2 c Beets 1 - Baked Roll 3"x 2" pc Chocolate Fudge Cake | 3 oz Marinated Rosemary Chicken 1/2 c Rice Pilaf 1/2 c Sauteed Yellow Squash 1 - Baked Roll 1/2 c Fruit Cobbler | 3 oz Breadcrumbs Tilapia Fillet 1/2 c Aloha Sweet Potatoes 1/2 c Grilled Asparagus 1 - Baked Roll Pc 2" Raspberry Lemon Bars | 3 oz Braised Beef 1/2 c Creamy AuGratin Potatoes 1/2 c Parsley Carrots 1 - Baked Roll 1 slice Cheesecake | 3 oz Chicken with Basil Cream Sauce 1/2 c Lemon Pasta 1/2 c Seasoned Broccoli 1 - Baked Roll 1/2 c Pear Crisp | 4 oz Tangy Country Style Ribs 1/2 c Favorite Baked Beans 1/2 c Country Trio Medley 1 - Baked Roll 3"x 2" pc Yellow Cake with Fruit Topping |
| D I N N E R | 1 c Chicken Broccoli Soup 1/2 c Peach Salad 1/2 c Normandy Blend 1 oz Garlic Bread | 3 oz Salmon Greek Salad 1/2 c Grapes 1/2 - Pita Bread | 1 - Loosemeat Cheesesteak 1/2 c Pear Fruit Medley 1/2 c Mixed Vegetables 3 oz Steak Fries | 2 - Pork Egg Roll with Sweet and Sour Sauce 1/2 c Fresh Tropical Fruit Cup 1/2 c Steamed Sugar Snap Peas 1/2 c Jasmine Rice | 1 c Ham and Cheese Tetrazzini 1/2 c Mixed Melons 1/2 c Garlic Green Beans 1 oz Garlic Bread | 2 c Taco Salad 1/2 c Pineapple Chunks 2/3 c LS LF Garden Tomato Soup | 1 c Chicken Herb Potato Casserole 1/2 c Fresh Berry Cup 1/2 c Herb Sauteed Vegetables 1 - Baked Roll |
| | Milk offered at every meal | | | | | | Week 1 |

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| | Sun 05-21-2023 | Mon 05-22-2023 | Tue 05-23-2023 | Wed 05-24-2023 | Thu 05-25-2023 | Fri 05-26-2023 | Sat 05-27-2023 |
|---|---|--|--|--|--|--|---|
| B R E A K F A S T | 1/2 c Denver Egg Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast | 1 - Bagel and Cream Cheese 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice | 2 - Fluffy Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 c Sausage Country Gravy and Biscuits 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Texas French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 - Egg Bacon Croissant 1/2 c Fresh Fruit 1/2 c 100% Juice | 1 c Egg Sausage Casserole 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice |
| L U N C H | 3 oz Bacon Meatloaf 1/2 c Herb Roasted Red Potatoes 1/2 c Stewed Tomatoes 1 - Baked Roll 1 slice Fresh Banana Cream Pie | 3 oz Chicken Bombay 1/2 c Coconut Rice 1/2 c California Blend 1 - Baked Roll 1/2 c Peach Cobbler | 3 oz Parmesan Crusted Pork Chops 1/2 c Baked Yams 1/2 c Harvard Beets 1 - Baked Roll 1 slice Glazed Lemon Pound Cake | 3 oz Hamburger Steak with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Garlic Green Beans 1 - Baked Roll 1/2 c Cherry Fluff | 3 oz Chicken with Lemon Pepper Sauce 1/2 c Penne Pasta 1/2 c Herb Roasted Vegetables 1 - Baked Roll 1 - Chocolate Crunch Pie | 3 oz Seasoned Baked Cod 1/2 c Parsley Potatoes 1/2 c Glazed Baby Carrots 1 - Baked Roll 1/2 c Bread Pudding with Vanilla Sauce | 1 c Pepper Beef Tips over Rice 1/2 c Fresh Asparagus 1 - Baked Roll 3"x 2" pc Marble Cake |
| D I N E R | 1 c Shredded Pork Over Rice 1/2 c Fresh Fruit Salad 1/2 c Southwest Vegetable Medley | 1/2 - Roast Beef Club Sandwich 1/2 c Watermelon Salad 1 c Carrot Sticks 3 oz French Fries | 1 - Chicken Enchilada Bake 1/2 c Five Fruit Salad 1/4 c Guacamole 1/2 c Best Black Beans | 1 c Cajun Shrimp Pasta 1/2 c Fruit Toss 1/2 c Sautéed Spinach 1 - Crusty Cheese Bread | 1 - Grilled Ham Swiss Tomato Sandwich 1/2 c Apple Slices 1/2 c Coleslaw Vinaigrette 1 oz Potato Chips | 1 - Meat Supreme Pizza 1/2 c Pears 1/2 c Fresh Mixed Vegetable Salad 1 - Garlic Breadsticks | 1 - Italian Chicken Salad Sandwich 1/2 c Grapes 1 c Spring Salad with Balsamic Vinaigrette 1 oz Crackers |
| | Milk offered at every meal | | | | | | Week 2 |

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