



	Sun 07-02-2023	Mon 07-03-2023	Tue 07-04-2023	Wed 07-05-2023	Thu 07-06-2023	Fri 07-07-2023	Sat 07-08-2023
B R E A K F A S T	1 - Cheese Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Breakfast Bowl 1/2 c Pineapple Chunks 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Oatmeal Raisin Muffin 1/4 c Cottage Cheese 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Blueberry Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Western Breakfast Sandwich 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 - Belgian Waffles 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Baked Ham with Mustard Sauce 1/2 c Parmesan Mashed Potatoes 1/2 c Seasoned Cabbage 1 - Baked Roll 1 slice Lemon Meringue Pie	1 - Chicken Fajita 1/2 c Fried Rice 1 c Garden Green Salad 1 - Baked Roll 1/2 c Tropical Spring Fruit Mix	1 c Spaghetti and Meatballs 1/2 c Green Beans Italian 1 oz Garlic Bread 1/2 c Ice Cream Sundae	3 oz BBQ Pork Tenderloin 1/2 c Fresh Cooked Yams 1/2 c Oven Roasted Broccoli 1 - Baked Roll 1 slice Peach Crumble Pie	1 c Baked Chicken on Rice 1/2 c Roasted Red Potatoes 1/2 c Peas and Carrots 1 - Baked Roll 1 - Mini Apple Turnover	3 oz Cornmeal Breaded Catfish 1/2 c Seasoned Rice 1/2 c Stewed Collard Greens 1 - Baked Roll 1/2 c Fruit Crisp	3 oz Lemon Herb Turkey Roast with Gravy 1/2 c Homestyle Stuffing 1/2 c Baked Squash 1 - Baked Roll 1 - Blueberry Crumb Cake
D I N E R	1 - Classic Turkey Sandwich 1/2 c Peaches 1/2 c Three Bean Salad	1 c Southwest Vegetarian Bake 1/2 c Melon Berry Fruit Bowl 1/2 c Sauteed Yellow Squash	2 c Chicken Waldorf Salad 1/2 c Assorted Fruit 1 - Mini Croissant Roll	1 c Meat and Potato Casserole 1/2 c Fresh Fruit Cup 1 c Green Salad 1 - Baked Roll	1 - Turkey BLT Wrap 1 c Cantaloupe 1/2 c Vegetable Pasta Salad 1 oz Crackers	Pc 3" Italian Lasagna 1/2 c Mixed Fruit Medley 1/2 c Buttered Zucchini	2 oz Crispy Chicken Strips 1/2 c Orange Fluff Salad 1/2 c Green Beans 10 - Tater Tots
Milk offered at every meal							Week 3

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	Sun 07-09-2023	Mon 07-10-2023	Tue 07-11-2023	Wed 07-12-2023	Thu 07-13-2023	Fri 07-14-2023	Sat 07-15-2023
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	1 - Breadcrumb Drumsticks 1/2 c Angel Pasta 1/2 c Brussels Sprouts 1 - Baked Roll 1/2 c Strawberry Cobbler	3 oz Cube Steak Oriental 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 Bar	1 c Chicken Rigatoni 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 Pasta Salad 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 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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	Sun 07-16-2023	Mon 07-17-2023	Tue 07-18-2023	Wed 07-19-2023	Thu 07-20-2023	Fri 07-21-2023	Sat 07-22-2023
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 c Milk	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 Philly Cube Steak 1/2 c Rice Pilaf 1/2 c California Blend 1 - Baked Roll 1 - Clements Caramel Brownie Chunk Cheesecake	3 oz Roasted Pork Loin with Pan Gravy 1/2 c Glazed Sweet Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 1/2 c Ice Cream	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 Baked Cinnamon Apples	3 oz Classic Baked Ham 1/2 c Mashed Yams 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1/2 c Fruited Jello Salad	3 oz Baked Meatballs with Gravy 1/2 c Roasted Potato Medley 1/2 c Baby Carrots 1 - Baked Roll 1/2 c Blueberry Cream Angel Dessert	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 1 c Cantaloupe 1/2 c Vinaigrette Tomatoes 1 oz Crackers	1 - Grilled Tuna Sandwich 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 07-23-2023	Mon 07-24-2023	Tue 07-25-2023	Wed 07-26-2023	Thu 07-27-2023	Fri 07-28-2023	Sat 07-29-2023
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 New England Pot Roast 1/2 c O'Brien Potatoes 1 c Garden Green Salad 1 - Baked Roll 1 c Milk 1 slice Apple Pie	3 oz Meatloaf and Gravy 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 Homestyle Stuffing 1/2 c Cream Peas 1 - Baked Roll 1/2 c Ice Cream	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 Cranberry Sage Dressing 1/2 c Seasoned Broccoli 1 - Baked Roll 1 - Confetti Cupcake	4 oz Tangy Country Style Ribs 1/2 c Favorite Baked Beans 1/2 c Country Trio Medley 1 - Baked Roll 1/2 c Select Apple Salad
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	1 c Egg Salad Plate 1/2 c Grapes 1/2 c Vegetable Medley 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 oz Crackers	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 Avocado Salad 1/2 c Apple Orange Salad 1/2 c Brown Rice	1 c Chicken Herb Potato Casserole 1/2 c Cheesy Broccoli Brown Rice 1/2 c Fresh Berry Cup 1/2 c Herb Sautéed Vegetables 1 - Baked Roll
Milk offered at every meal							

Week 1

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