



	Sun 10-01-2023	Mon 10-02-2023	Tue 10-03-2023	Wed 10-04-2023	Thu 10-05-2023	Fri 10-06-2023	Sat 10-07-2023
B	1/2 c Cheesy Scrambled Eggs	3/4 c Hot Cereal	2 - Cinnamon French Toast	1 - Fried Egg	6 oz Sausage Potato Bake	1 - Bacon Egg and Avocado Toast	2 - Homestyle Waffles
R	1 oz Sausage Link	1 - Egg of Choice	1 oz Bacon	1/2 c Country Potatoes	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1 oz Sausage Link
E	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c Fresh Fruit
A	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1 slice Whole Grain Toast	1/2 c 100% Juice	1/2 c 100% Juice
K	1 - Fresh Biscuits	1 - Blueberry Muffin		1 slice Whole Grain Toast			
F							
A							
S							
T							
L	3 oz New England Pot Roast	3 oz Meatloaf and Gravy	3 oz Marinated Rosemary Chicken	3 oz Breadcrumb Tilapia Fillet	3 oz Braised Beef	3 oz Chicken with Basil Cream Sauce	4 oz Tangy Country Style Ribs
U	1/2 c O'Brien Potatoes	1/2 c Garlic Herb Mashed Potatoes	1/2 c Homestyle Stuffing	1/2 c Aloha Sweet Potatoes	1/2 c Creamy AuGratin Potatoes	1/2 c Cranberry Sage Dressing	1/2 c Favorite Baked Beans
N	1 c Garden Green Salad	1/2 c Beets	1/2 c Cream Peas	1/2 c Grilled Asparagus	1/2 c Parsley Carrots	1/2 c Seasoned Broccoli	1/2 c Country Trio Medley
C	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll
H	1 c Milk	3"x 2" pc Chocolate Fudge Cake	1/2 c Ice Cream	Pc 2" Raspberry Lemon Bars	1 slice Cheesecake	1 - Confetti Cupcake	1/2 c Select Apple Salad
D	1 c Chicken Broccoli Soup	1 c Egg Salad Plate	1 - Loosemeat Cheesesteak	2 - Pork Egg Roll with Sweet and Sour Sauce	1 c Ham and Cheese Tetrazzini	2 c Taco Salad	1 c Chicken Herb Potato Casserole
I	1/2 c Peach Salad	1/2 c Grapes	1/2 c Pear Fruit Medley	1/2 c Fresh Tropical Fruit Cup	1/2 c Mixed Melons	1/2 c Avocado Salad	1/2 c Cheesy Broccoli Brown Rice
N	1/2 c Normandy Blend	1/2 c Vegetable Medley	1/2 c Mixed Vegetables	1/2 c Steamed Sugar Snap Peas	1/2 c Garlic Green Beans	1/2 c Apple Orange Salad	1/2 c Fresh Berry Cup
N	1 oz Garlic Bread	1/2 - Pita Bread	3 oz Steak Fries	1/2 c Steamed Sugar Snap Peas	1 oz Garlic Bread	1/2 c Brown Rice	1/2 c Herb Sauced Vegetables
E				1 oz Crackers			
R							
	Milk offered at every meal						Week 1

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Dietitian's Signature:

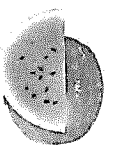
Rosemary KDN 7-9-2023
5/10/28



	Sun 10-08-2023	Mon 10-09-2023	Tue 10-10-2023	Wed 10-11-2023	Thu 10-12-2023	Fri 10-13-2023	Sat 10-14-2023
B R E A K F A S T	2 - Homestyle Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Ham and Cheese Omelet 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 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Breakfast Sausage Casserole 1/2 c Hash Browns 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 - Bacon Egg Muffin 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Sausage Scramble 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits
L U N C H	3 oz Meatloaf and Gravy 1 - Garlic Ranch Chicken 1 - Baked Potato 1/2 c Normandy Blend 1 - Baked Roll 3"x2" pc Texas Sheet Cake	3 oz Herb Grilled Chicken 3 oz Parmesan Baked Salmon 1/2 c Seasoned Rice 1/2 c Lemon Pepper Green Beans 1 - Baked Roll 1/2 c Blueberry Cobbler	3 oz Bread Crumb Pork Chop 3 oz Turkey with Lemon Thyme Sauce 1/2 c Roasted Yams 1/2 c Seasoned Broccoli 1 - Baked Roll 1 slice Pumpkin Pie	3 oz Salisbury Steak 3 oz Brown Sugar Ham 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots 1 - Baked Roll 1 - Chocolate Peanut Butter Bars	3 oz Roasted Chicken Thigh 3 oz Sirloin Pork Roast 1/2 c Parmesan Pasta 1/2 c Yellow Squash and Onions 1 - Baked Roll 1/2 c Peach Crisp	3 oz Sour Cream Crusted Fish 3 oz Smothered Cube Steak 1/2 c Lemon Chive Rice 1/2 c Sautéed Spinach 1 - Baked Roll 1/2 c Orange Sherbet Dish	Pc 3" Classic Lasagna 3 oz Turkey Scallopini 1/2 c Vegetable Medley 1 oz Garlic Bread 1/2 c Eclair Pudding Dessert
D I N E R	1 - Shredded Pork on a Bun 3 oz Fish with Roasted Vegetables 1/2 c Whipped Pineapple Salad 1/2 c Pickled Beets 1/2 c Sweet Potato Fries	1 c Baked Spaghetti 1 - Honey Mustard Deli Sandwich 1/2 c Peach Salad 1/2 c Herb Roasted Vegetables 1 oz Garlic Bread	2/3 c Hot Chicken and Biscuits 1 - Pimento Cheese Sandwich 1/2 c Fruit Cocktail Salad 1/2 c Mixed Vegetables 1/2 c Parmesan Roasted Potatoes	1 c Crab Alfredo with Linguine 1 - Turkey Reuben Sandwich 1/2 c Lemon Cream Salad 1/2 c Coleslaw	1 - Cobb Salad Sandwich 1 c Sour Cream Beef Potato Dish 1/2 c Grapes 1/2 c Three Bean Salad 1 oz Chips	1 slice Pepperoni Pizza 1 - Italian Sub Sandwich 1/2 c Assorted Fruit 1 c Caesar Salad 1 - Parmesan Breadsticks	1 - Slow Cooked BBQ Chicken Sandwich 1 slice Spinach and Feta Quiche 1/2 c Pear Fruit Medley 1/2 c Honey Roasted Carrots 10 - Tater Tots
	Milk offered at every meal						
	Week 1						

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Dietitian's Signature: *Renee Ayers RDW* 7-9-2023
4/10/28



	Sun 10-15-2023	Mon 10-16-2023	Tue 10-17-2023	Wed 10-18-2023	Thu 10-19-2023	Fri 10-20-2023	Sat 10-21-2023	
B	2/3 c Baked Oatmeal with Cinnamon Apples	2 - Homestyle Waffles	1 - Egg Sausage Croissant	2 - Cinnamon French Toast	1 - Sour Cream Blueberry Muffin	2 - Fluffy Pancakes	1/2 c Cheesy Scrambled Eggs	
R	1 - Egg of Choice	1 oz Bacon	1/2 c Fresh Fruit	1 oz Sausage Link	1 - Egg of Choice	1 oz Bacon	1/2 c Fresh Fruit	
E	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c Fresh Fruit	1/2 c Fresh Fruit	1/2 c 100% Juice	1/2 c 100% Juice	
A	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1/2 c 100% Juice	1 - Fresh Biscuits	
F	1 slice Whole Grain Toast							
S								
L	3 oz Glazed Baked Ham	3 oz Teriyaki Chicken	3 oz Cranberry Meatballs	3 oz Herb Seasoned Pork	3 oz Hamburger Steak and Onions	3 oz Cod Fillet with Lemon Sauce	3 oz Rosemary Roasted Turkey	
U	3 oz Autumn Pot Roast	3 oz Fried Shrimp with Cocktail Sauce	3 oz Turkey Roast	3 oz Crispy Garlic Parmesan Chicken	3 oz Swiss Chicken	3 oz Baked Pork Chop	3 oz Beef Tips	
N	1/2 c Fresh Cooked Yams	1/2 c Fried Rice	1/2 c Angel Pasta	1/2 c Scalloped Potatoes	3 oz Steamed Red Potatoes	1/2 c White and Wild Rice Pilaf	1/2 c Homestyle Stuffing	
C	1 - Baked Roll	1/2 c Stir-Fry Vegetables	1 - Baked Roll	1/2 c Bacon Brussels Sprouts	1/2 c Maple Roasted Carrots	1/2 c Vegetable Medley	1 - Baked Squash	
H	3"x 2" pc Carrot Cake	1 - Baked Roll	1 - Chocolate Meringue Pie	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	1 - Baked Roll	
D	1 - Open Face Turkey Sandwich	1 - Cheese Chili Bake	2 c Honey Mustard Chicken Salad	1/2 c Apple Cobbler	1 slice Cherry Cheesecake	3"x 2" pc Fudge Brownie	3"x 2" pc Banana Nut Cake	
I	2/3 c Braised Pork	1 - Beef Patty Melt	1 - Monte Cristo Slider	1 c Classic Beef Stroganoff	1/2 - Turkey Club Sandwich	1 c Baked Beef Vegetable Stew	2 oz Ranch Chicken Nuggets	
N	1/2 c Select Peach Salad	1/2 c Fresh Fruit Cup	1/2 c Peas	1 - Seafood Tomato Salad	1 c Kielbasa with Peppers	1 - Fiesta Veggie Wrap	1 - Roast Pork Sandwich	
E	1/2 c California Blend	1 c Green Salad	1 - Baked Roll	1/2 c Raspberry Jello Salad	1/2 c Apple Slices	1/2 c Mixed Fruit Medley	1/2 c Cottage Cheese and Fruit	
R	1/2 c Pasta Salad	3"x 2" pc Fresh Cornbread		Broccoli	1/2 c Tomato Cucumber Salad	1 c Green Salad	1/2 c Mixed Vegetables	
				1 - Garlic Breadsticks	1 oz Chips	3"x 2" pc Fresh Cornbread	3 oz French Fries	
	Milk offered at every meal							Week 2

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Dietitian's Signature:

Ann Ferguson RDW

7-9-2023

4/10/28



	Sun 10-22-2023	Mon 10-23-2023	Tue 10-24-2023	Wed 10-25-2023	Thu 10-26-2023	Fri 10-27-2023	Sat 10-28-2023
B R E A K F A S T	2/3 c Bananas Foster Oatmeal 1 - Egg of Choice 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - English Muffin Breakfast Sandwich 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Chef's Choice Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk 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	1/2 c Denver Egg Scramble 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	3 oz Pot Roast with Cider Gravy 3 oz Maple Mustard Salmon 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Fresh Apple Pie	3 oz Roasted Lemon Chicken 3 oz Veal Marsala 1/2 c Cheesy Confiti Rice 1/2 c Grilled Asparagus 1 - Baked Roll 1/2 c Peach Cobbler	3 oz Pork Chops and Gravy 3 oz Swiss Steak and Tomatoes 1/2 c Baked Yams 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 3"x 2" pc Glazed Pumpkin Cake	3 oz Beef Patty with Mushroom Sauce 3 oz Sliced Turkey and Cheese Sauce 1/2 c Roasted Potato Medley 1/2 c Peas and Onions 1 - Baked Roll 1/2 c Chocolate Trifle	3 oz Smothered Chicken Breasts 3 oz Lemon and Brown Sugar Pork 1/2 c Penne Pasta 1/2 c Garlic Green Beans 1 - Baked Roll 1 slice Old Fashioned Custard Pie	3 oz Parmesan Herb Crusted Tilapia 3 oz Ham Roast 1/2 c Parsley Rice 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Lime Poke Cake	3 oz Turkey Piccata 1/2 c O'Brien Potatoes 1/2 c Roasted Squash 1 - Baked Roll 1/2 c Pear Crisp
D I N N E R	1 c Broccoli Ham Casserole 1 - Turkey Sloppy Joes 1/2 c Assorted Fruit 2/3 c Potato Spinach Soup 1 - Herb Pull Apart Roll	1 c Cheese Tortellini with Basil Cream Sauce 1 - Meatball Sub Sandwich 1/2 c Pear Fruit Compote 1/2 c Green Beans Italian 1 - Crusty Garlic Bread	1 c King Ranch Chicken Casserole 1 - Bacon and Tomato Pizza 1/2 c Citrus Banana Salad 1/2 c Seasoned Zucchini 1/2 c Simple Pinto Beans	1 - Tuna Melt 1 c Baked Ziti with Italian Sausage 1/2 c Grapes 1/2 c Dill Cucumbers 3 - Onion Rings	1 c Shepherd's Pie with Gravy 1 - Turkey Sandwich Special 1/2 c Peach Cottage Salad 1/2 c Herb Sauteed Vegetables	1 - Classic Chicken Salad Sandwich 1 c Garden Frittata Bake 1/2 c Fruit Medley 1/2 c Tomato Wedges 1 oz Chips	1 c Pork and Sausage Jambalaya 1-1/2 c Chef's Salad Bowl 1/2 c Cinnamon Stewed Apples 1/2 c Fried Okra 3"x 2" pc Fresh Cornbread
Milk offered at every meal							

Week 3

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Dietitian's Signature: *Renee Jagan RDW 7-9-2023*
5/10/28