



	Sun 02-04-2024	Mon 02-05-2024	Tue 02-06-2024	Wed 02-07-2024	Thu 02-08-2024	Fri 02-09-2024	Sat 02-10-2024
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 Teriyaki Meatballs 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Fresh Apple Pie	3 oz Roasted Lemon Chicken 1/2 c Cheesy Confetti Rice 1 c Garden Green Salad 1 - Baked Roll 1/2 c Ice Cream	3 oz Swiss Steak and Tomatoes 1/2 c Baked Yams 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 1 - M&M Cookie	2/3 c Turkey A La King 1/2 c Roasted Potato Medley 1/2 c Peas and Onions 1 - Baked Roll 1/2 c Chocolate Trifle	1 c Chicken Alfredo Pasta 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 1/2 c Fried Potatoes and Onions 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Lime Poke Cake	3 oz Glazed Meatloaf 1/2 c O'Brien Potatoes 1/2 c Creamed Spinach 1 - Baked Roll 1/2 c Pear Crisp
D I N E R	1 c Broccoli Ham Casserole 1/2 c Assorted Fruit 2/3 c Potato Spinach Soup 1 - Herb Pull Apart Roll	1 c Cheese Tortellini with Basil Cream Sauce 1/2 c Pear Fruit Compote 1/2 c Green Beans Italian 1 - Crusty Garlic Bread	1 c King Ranch Chicken Casserole 1/2 c Citrus Banana Salad 1/2 c Seasoned Zucchini 1/2 c Simple Pinto Beans	1 - Tuna Melt 1/2 c Grapes 1/2 c Dill Cucumbers 3 - Onion Rings	1 c Shepherd's Pie with Gravy 1/2 c Peach Cottage Salad 1/2 c Herb Sauteed Vegetables	1 - Classic Chicken Salad Sandwich 1/2 c Fruit Medley 1/2 c Tomato Wedges 1 oz Chips	1 c Pork and Sausage Jambalaya 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: *Quinn Jagu 6/10/28*
1-11-2024



	Sun 02-11-2024	Mon 02-12-2024	Tue 02-13-2024	Wed 02-14-2024	Thu 02-15-2024	Fri 02-16-2024	Sat 02-17-2024
B R E A K F A S T	1 - Breakfast Mini Fruit Pizza 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Deluxe Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Fried Egg, Ham and Cheese Croissant 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - French Texas Toast Bake 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Orange Cranberry Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Maple Bacon Casserole 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Blueberry Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Crispy Fried Chicken 1/2 c Roasted Smashed Potatoes 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Chocolate Cream Pie	3 oz Roasted Pork with Apples 1 - Baked Sweet Potato 1/2 c Collard Greens 1 - Baked Roll 3"x 2" pc Spice Cake	3 oz Beef Tips in Gravy 1/2 c Noodles 1/2 c California Blend 1 - Baked Roll 1/2 c Apple Crumble	3 oz Turkey Roast with Stuffing 1/2 c Green Bean Casserole 1 - Baked Roll 1 slice Perfect Pumpkin Cheesecake Bars	3 oz Baked Ham 1/2 c AuGratin Potatoes 1/2 c Roasted Cabbage 1 - Baked Roll 1/2 c Ice Cream	3 oz Sweet and Sour Meatballs 1/2 c Rice 1/2 c Steamed Broccoli 1 - Baked Roll 1/2 c Fruit Cobbler	3 oz Smokey Chicken and Gravy 1/2 c Garlic Mashed Potatoes 1/2 c Peas and Mushrooms 1 - Baked Roll 3"x 2" pc Caramel Cake
D I N N E R	1 - Grilled Cheese Sandwich 1 - Orange Slices 2/3 c Garden Tomato Soup 1 oz Crackers	3 oz Fish and Chips 1/2 c Fruit Toss 1/2 c Coleslaw	2 c Chicken Caesar Salad 1/2 c Assorted Fruit 1 slice Mozzarella Garlic Bread	1 - Beef Enchilada 1/2 c Peach Fruit Cup 1/2 c Zucchini Corn Saute 1/2 c Lime Cilantro Rice	1 c Turkey Casserole 1/2 c Creamy Cocktail Salad 1/2 c Beets 3"x 2" pc Fresh Cornbread	1 - Ham and Swiss Sandwich 1/2 c Apple Slices 1/2 c Vegetable Pasta Salad	1 slice Homestyle Cheese Pizza 1/2 c Grapes 1 c Green Salad 1 - Breadsticks
	Milk offered at every meal						Week 4

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	Sun 02-18-2024	Mon 02-19-2024	Tue 02-20-2024	Wed 02-21-2024	Thu 02-22-2024	Fri 02-23-2024	Sat 02-24-2024
B R E A K F A S T	1/2 c Carrot Cake Baked Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Raisin French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Egg and Cheese Biscuit 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Perfect Pancakes 1 - Egg of Choice 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 - Belgian Waffles 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Egg Mushroom 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	1 - Baked Potato with Chili 1/2 c Baked Macaroni Cheese 1/2 c Seasoned Cauliflower 1 - Baked Roll 1 slice Fresh Banana Cream Pie	3 oz Cube Steak and Gravy 1/2 c Roasted Rosemary Potatoes 1/2 c Parmesan Green Beans 1 - Baked Roll 3"x 2" pc Chocolate Oreo Poke Cake	3 oz Louisiana Chicken 1/2 c Corn Pudding 1/2 c Stewed Tomatoes 1/2 c Berry Cobbler	3 oz Baked Fish Fillet 1/2 c Twice Baked Potato Casserole 1/2 c Sauteed Carrots 1 - Baked Roll 8 oz Root Beer 1/2 c Fruit Compote	3 oz Pepper Steak 1/2 c Delicious Rice 1/2 c Vegetable Medley 1 - Baked Roll 1/2 c Sherbet	1 c Chicken Breast with Gravy over Noodles 1/2 c Garlic Pasta 1/2 c Brussels Sprouts 1 - Baked Roll 1 slice Angel Food Cake	1 c Corn Chip Casserole 1/2 c Sweet Yams 1 c Garden Green Salad 1 - Baked Roll 1/2 c Ice Cream
D I N N E R	1 c Chicken Fajita Bowl 1/2 c Orange Pineapple Salad 1/2 c Grilled Mixed Vegetables	1 c Shrimp Penne 1/2 c Four Fruit Medley 1/2 c Fresh Asparagus 1 oz Garlic Bread	1 - Tavern Sandwich 1/2 c Pears 1/2 c Sweet Slaw 1 oz Chips	1 c Roasted Pork and Yams 1/2 c Fresh Fruit Salad 1/2 c Oven Roasted Broccoli 3"x 2" pc Fresh Cornbread	1 c Ham and Potato Casserole 1/2 c Peach Jello Salad 1/2 c Seasoned Peas 1 - Herb Pull Apart Roll	2 c Classic Taco Salad 1/2 c Grapes 1/2 c Sauteed Yellow Squash 1/2 c Spanish Rice	1 - Hot Dog and Sauerkraut 1/2 c Fall Fruit Salad 1/2 c Green Bean Carrot Blend
	Milk offered at every meal						Week 5

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Dietitian's Signature: *Diana Jugu 6/10/28*
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	Sun 02-25-2024	Mon 02-26-2024	Tue 02-27-2024	Wed 02-28-2024	Thu 02-29-2024	Fri 03-01-2024	Sat 03-02-2024
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 Biscuit
L U N C H	1 - Garlic Ranch Chicken 1 - Baked Potato 1/2 c Normandy Blend 1 - Baked Roll 3"x 2" pc Texas Sheet Cake	3 oz Herb Grilled Chicken 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 1/2 c Roasted Yams 1/2 c Seasoned Broccoli 1 - Baked Roll 1 slice Pumpkin Pie	1 c Beef Rice and Mushroom Dish 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots 1 - Baked Roll 1/2 c Winter Fruit Salad	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 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 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 1/2 c Whipped Pineapple Salad 1/2 c Pickled Beets and Onions 1/2 c Sweet Potato Fries	1 - Honey Mustard Deli Sandwich 1/2 c Peach Salad 1/2 c Herb Roasted Vegetables 1 oz Garlic Bread	1 c White Chicken Chili 1/2 c Fruit Cocktail Salad 1/2 c Mixed Vegetables 1/2 c Parmesan Roasted Potatoes	1 c Creamed Tuna over Biscuits 1/2 c Lemon Cream Salad 1/2 c Coleslaw	1 - Cobb Salad Sandwich 1/2 c Grapes 1/2 c Three Bean Salad 1 oz Chips	1 slice Pepperoni Pizza 1/2 c Assorted Fruit 1 c Caesar Salad 1 - Parmesan Breadsticks	1 - Slow Cooked BBQ Chicken Sandwich 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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1-11-2024