



	Sun 05-05-2024	Mon 05-06-2024	Tue 05-07-2024	Wed 05-08-2024	Thu 05-09-2024	Fri 05-10-2024	Sat 05-11-2024
B R E A K F A S T	6 oz Sausage Potato Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	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 Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	2 - Homestyle Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Poppy Seed Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Bacon and Egg Muffin 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Belgian Waffles 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Braised Beef Tips ~ 1/2 c Herb Roasted Red Potatoes 1/2 c Loaded Cauliflower 1 - Baked Roll 1 slice Fresh Apple Pie	1 c Asian Orange Chicken 1 - Vegetable Egg Roll 1/2 c Sesame Green Beans 1 - Baked Roll 3"x 2" pc White Cake	3 oz Creamy Herbed Pork Chops 1/2 c Baked Yams 1/2 c Mixed Vegetables 1 - Baked Roll 1/2 c Pear Cobbler	3 oz Hamburger Steak and Onions 1/2 c Classic Mashed Potatoes 1 c Garden Green Salad 1 - Baked Roll 1/2 c Berry Trifle	3 oz Baked Drumsticks 1/2 c Potato Salad 1/2 c Vegetable Medley 1 - Baked Roll 3"x 2" pc Peanut Butter Marshmallow Crunch Bar	3 oz Lemon Baked Fish 1 - Peanut Butter and Jam Sandwich (Copy) 1/2 c Parsley Rice 1/2 c Steamed Broccoli 1 - Baked Roll 1 - Key Lime Tarts	1 - Steak Fajita 1/2 c Mexican Rice 1 c Garden Green Salad 1 - Baked Roll 3"x 2" pc Cinnamon Coffee Cake
D I N N E R	1 - BBQ Pulled Pork on a Bun 1/2 c Fruit Cocktail 1/2 c Carrot Apple Celery Salad 1/2 c Sweet Potato Fries	2 - Classic Stuffed Bell Peppers 1/2 c Spring Fruit Cup 1 - Cornbread Muffin	1 c Greek Chicken Pasta 1/2 c Assorted Fruit 1/2 c Tomato Cucumber Salad 1 - Crusty Garlic Bread	1 - Grilled Turkey Cheddar Sandwich 1/2 c Melon Salad 1 - Pickle Spear 1 oz Chips	1 - Ham Melt 1/2 c Apple Slices 1/2 c Coleslaw 10 - Tater Tots	1 slice Pepperoni Pizza 1/2 c Fruit Compote 1/2 c Green Beans Italian 1 - Garlic Breadsticks	1 - Chicken Salad on Croissant 1/2 c Assorted Fruit 1 c Vegetable Sticks 1 oz Crackers
	Milk offered at every meal						Week 4

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Dietitian's Signature: *Devin Jager 610128*
4-29-2024



	Sun 05-12-2024	Mon 05-13-2024	Tue 05-14-2024	Wed 05-15-2024	Thu 05-16-2024	Fri 05-17-2024	Sat 05-18-2024
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	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	2 - Buttermilk Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Baked Omelet 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Skillet Eggs with Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 - Deluxe Waffles 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Honey Glazed Ham 3 oz Mississippi Pot Roast 1/2 c Fresh Cooked Yams 1/2 c Skillet Cabbage 1 - Baked Roll 1 slice Pecan Pie	3 oz Homestyle Fried Chicken 3 oz Grilled Marinated Shrimp 1/2 c Classic Macaroni Salad 1/2 c Collard Greens 1/2 c Peach Cobbler	3 oz Southwest Cheddar Meatballs 3 oz Smoked Roasted Turkey 1/2 c Herb Mashed Potatoes 1/2 c Roasted Summer Squash 1 - Baked Roll 3"x 2" pc Texas Sheet Cake	3 oz Roasted Pork 3 oz BBQ Chicken Thighs 1 - Baked Sweet Potato 1/2 c Grilled Asparagus 1 - Baked Roll 1/2 c Pineapple Blueberry Crumble	3 oz Bacon and Cheese Chopped Steak 3 oz California Chicken 1/2 c Mushroom Rice 1/2 c Peas and Carrots 1 - Baked Roll 1 slice Toll House Pie	3 oz Crunchy Baked Fish 3 oz Brown Sugar Pork Chop 1/2 c Baked Fried Potatoes 1/2 c Lemon Roasted Broccoli 1 - Baked Roll 1/2 c Sherbet Dessert	3 oz Herb Roasted Turkey 3 oz Braised Beef Tips 1/2 c Homestyle Stuffing 1/2 c Roasted Brussels Sprouts 3"x 2" pc Carrot Cake
D I N N E R	1 - Open Face Turkey Sandwich with Gravy 3 oz Shredded Pork 1 c Strawberries 1/2 c Buttery Carrots 1/2 c Classic Mashed Potatoes	1 - Bean and Cheese Burrito 1 - Sloppy Joes 1/2 c Grapes 1/4 c Guacamole 1/2 c Savory Rice	1 - Ham and Cheese Hoagie 1 c Watermelon 1 c Vegetables with Ranch Dip	1 c Spaghetti with Marinara Meat Sauce 1 - Crispy Fish Sandwich 1/2 c Pears 1/2 c Garlic Green Beans 1 oz Garlic Bread	1 - Honey Mustard Deli Wrap 3 oz Italian Sausage with Peppers and Onions 1/2 c Orange Cottage Salad 1/2 c Pickled Beets 1 oz Chips	1 - Grilled Cheese Sandwich 1 c Hawaiian Beef Dish 1/2 c Tropical Mixed Fruit 2/3 c Tomato Soup 1 oz Crackers	3 oz Breadcrumbs Chicken Tenders 1 - Pork Rib Patty Sandwich 1/2 c Mixed Fruit Medley 1/2 c Normandy Blend 1/2 c Baked Macaroni Cheese
	Milk offered at every meal						Week 5

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Dietitian's Signature: *Devin Ingu 6/10/28*
4-29-2024



	Sun 05-19-2024	Mon 05-20-2024	Tue 05-21-2024	Wed 05-22-2024	Thu 05-23-2024	Fri 05-24-2024	Sat 05-25-2024
B R E A K F A S T	1 - Breakfast Sausage Taqitos 1/2 c Hash Browns 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 c Cheese Baked Eggs 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Buttermilk Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Scrambled Egg and Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Strawberry Belgian Waffle 1 oz Sausage Link 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
L U N C H	3 oz Sautéed Meatballs 1/2 c Mashed Red Potatoes 1/2 c Honey Roasted Carrots 1 - Baked Roll 1/2 c Lemon Pudding	3 oz Chicken with Mango Salsa 1/2 c Brown Rice 1/2 c Steamed Broccoli 1 - Baked Roll 3"x 2" pc Orange Poke Cake	3 oz Glazed Pork Chops 1 - Baked Potato 1/2 c Green Beans 1 - Baked Roll 1/2 c Bread Pudding	3 oz Skillet Beef Patty with Gravy 1/2 c Parsley Noodles 1/2 c Mixed Vegetables 1 - Baked Roll 1/2 c Pear Crisp	3 oz Ranch Chicken 1/2 c Glazed Sweet Potatoes 1/2 c Zucchini Corn Saute 1 - Baked Roll 1 slice Chocolate Cream Pie	1 c Chicken Fettuccine 1/2 c Lemon Rice 1/2 c Sautéed Spinach 1 - Baked Roll 1 slice Company Cheesecake	3 oz Brown Sugar Meatloaf 1/2 c Roasted Potato Medley 1/2 c Vegetable Medley 1 - Baked Roll 1/12 - Peach Angel Food Cake
D I N N E R	1 c Southern Ham and Beans 1/2 c Select Apple Salad 1 - Pickle Spear 1 oz Chips	1 c Cheese Tortellini 1/2 c Peaches 1 c Light Caesar Salad 1 oz Garlic Bread	1 c Homestyle Chicken Noodle Soup 1/2 c Tropical Mixed Fruit 1 c Green Salad 1 - Parmesan Breadsticks	1 - Tuna Salad Sandwich 1/2 c Grapes 1 c Cucumber Dill Salad 1 oz Chips	1 c Hamburger Casserole 1/2 c Jello Salad 1/2 c Fresh Cooked Carrots 1 - Whole Grain Bread	1 slice Vegetable Quiche 1 c Watermelon 1/2 c Broccoli Raisin Salad 3 oz Steak Fries	1 - Pork Sliders 1/2 c Fresh Fruit Cup 2/3 c Fresh Vegetable Soup 1 slice Mozzarella Garlic Bread
	Milk offered at every meal						Week 1

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Dietitian's Signature: *Debra Jager 610128*
4-29-2024



	Sun 05-26-2024	Mon 05-27-2024	Tue 05-28-2024	Wed 05-29-2024	Thu 05-30-2024	Fri 05-31-2024	Sat 06-01-2024
B R E A K F A S T	2 - Fluffy Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Denver Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Cinnamon Roll Muffin	1 c Sausage Country Gravy and Biscuits 1 - Egg of Choice 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1 - Banana 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 - Egg and Cheese Biscuit 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	3 oz Chicken Parmesan 1/2 c Garlic Pasta 1/2 c Yellow Squash 1 - Baked Roll 1/2 c Easy Fruit Salad	1 - Marinated Drum Sticks 1/2 c Roasted Sweet Potatoes 1/2 c Honey Dijon Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Chocolate Buttermilk Cake	1 c Braised Beef and Broccoli 1/2 c Seasoned Rice 1 - Baked Roll 1 slice Fresh Coconut Cream Pie	3 oz BBQ Pork Tenderloin 1/2 c Cornbread Dressing 1/2 c Green Beans 1 - Baked Roll 1/2 c Apple Cobbler	3 oz Chicken and Yams 1/2 c AuGratin Potatoes 1/2 c Glazed Baby Carrots 1 - Baked Roll 1/2 c Ice Cream Sundae	3 oz Hawaiian Meatballs 1/2 c Fried Rice 1/2 c Stir-Fry Vegetables 1 - Baked Roll 3"x 2" pc Pineapple Shortcake	1 c Chicken and Biscuits 3 oz Corned Beef and Vegetables 1/2 c Parmesan Roasted Potatoes 1/2 c Fresh Asparagus 1 - Baked Roll Pc 2" Mint Brownie
D I N N E R	1 - Egg Salad Sandwich 3/4 c Honeydew 2 slices Marinated Tomatoes 1 oz Chips	1 c Beef Noodle Soup 1/2 c Pineapple Chunks 1 c Spinach Tomato Salad 3 - Onion Rings	3 oz Grilled Polish Sausage 1/2 c Assorted Fruit 2/3 c Tomato Soup 1/2 c Cheesy Mashed Potatoes	1 - Homestyle Sloppy Joes 1/2 c Pears 1 c Green Salad 1 oz Garlic Bread	1/2 - Club Sandwich 1/2 c Peaches 2/3 c Vegetable Soup 1 oz Crackers	1 - Ham and Swiss Slider 1/2 c Apple Slices 1/2 c Sweet Slaw 3 oz French Fries	1 - Meat Supreme Pizza 1 c Cantaloupe 1 c Lettuce Tomato Salad 1 - Breadsticks
	Milk offered at every meal						Week 2

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Dietitian's Signature: *Diana Jager 6/10/28*
4-29-2024