



	Sun 06-30-2024	Mon 07-01-2024	Tue 07-02-2024	Wed 07-03-2024	Thu 07-04-2024	Fri 07-05-2024	Sat 07-06-2024
B R E A K F A S T	Fluffy Pancakes Bacon Fresh Fruit 100% Juice	Denver Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Cinnamon Roll Muffin	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Banana 100% Juice Whole Grain Toast	Bagel and Cream Cheese Egg of Choice Fresh Fruit 100% Juice	Egg and Cheese Biscuit Hash Browns Fresh Fruit 100% Juice
L U N C H	Chicken Parmesan Garlic Pasta Yellow Squash Baked Roll Easy Fruit Salad	Garlic Herb Pork Roast Roasted Sweet Potatoes Honey Dijon Roasted Brussels Sprouts Baked Roll Chocolate Buttermilk Cake	Braised Beef and Broccoli Seasoned Rice Baked Roll Fresh Coconut Cream Pie	Homestyle Turkey Cornbread Dressing Green Beans Baked Roll Apple Cobbler	Baked Spiral Ham AuGratin Potatoes Glazed Baby Carrots Baked Roll Ice Cream Sundae	Hawaiian Meatballs Fried Rice Stir-Fry Vegetables Baked Roll Pineapple Shortcake	Grilled Lemon Chicken Parmesan Roasted Potatoes Fresh Asparagus Baked Roll Mint Brownie
D I N N E R	Egg Salad Sandwich Honeydew Marinated Tomatoes Chips	Loosemeat Cheesesteak Pineapple Chunks Spinach Tomato Salad Onion Rings	Grilled Polish Sausage Assorted Fruit Tomato Soup Cheesy Mashed Potatoes	Baked Tomato Beef Pasta Pears Green Salad Garlic Bread	Club Sandwich Peaches Vegetable Soup Crackers	Ham and Swiss Slider Apple Slices Sweet Slaw French Fries	Meat Supreme Pizza Cantaloupe Lettuce Tomato Salad Breadsticks
Milk offered at every meal							Week 2

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



	Sun 07-07-2024	Mon 07-08-2024	Tue 07-09-2024	Wed 07-10-2024	Thu 07-11-2024	Fri 07-12-2024	Sat 07-13-2024
B R E A K F A S T	Scrambled Egg and Bacon Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	French Breakfast Casserole Bacon Fresh Fruit 100% Juice	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Ham Egg and Cheese Casserole Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Pork with Apricot Glaze Fresh Cooked Yams Capri Blend Baked Roll Lemon Meringue Pie	Country Fried Steak with Gravy Garlic Mashed Potatoes Peas and Onions Baked Roll Banana Sheet Cake	Monterey Chicken with Mushrooms Penne Pasta Roasted Carrots Baked Roll Fruit Cobbler	Oven Fried Cod Parsley Seasoned Potatoes Sautéed Spinach Strawberry Cheesecake	Seasoned Salisbury Steak Buttered Noodles Parmesan Green Beans Baked Roll Snickerdoodle Brownie	Sautéed Chicken Breast Rice Pilaf Herb Roasted Vegetables Baked Roll Cherry Crisp	Baby Back Pork Ribs Baked Beans Corn on the Cob Baked Roll Chocolate Peanut Butter Cake
D I N N E R	Chicken Enchiladas Pineapple Chunks Roasted Zucchini Best Black Beans	Cajun Shrimp Mac and Cheese Fresh Fruit Cup Seasoned Broccoli	American Hamburgers Watermelon Three Bean Salad Sweet Potato Fries	Sweet and Sour Pork Rice Juicy Fruit Salad Stir-Fry Vegetables	Ham Sandwich Peach Jello Salad Vegetables with Ranch Dip	Taco Salad Citrus Banana Salad Spanish Rice	Chicken with Glazed Vegetables Tater Tots Honeydew Green Salad Fresh Cornbread
Milk offered at every meal							Week 3

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



	Sun 07-14-2024	Mon 07-15-2024	Tue 07-16-2024	Wed 07-17-2024	Thu 07-18-2024	Fri 07-19-2024	Sat 07-20-2024
B R E A K F A S T	Sausage Potato Bake Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Hash Browns Fresh Fruit 100% Juice Fresh Biscuit	Homestyle Pancakes Sausage Link Fresh Fruit 100% Juice	Poppy Seed Muffin Egg of Choice Fresh Fruit 100% Juice	Bacon and Egg Muffin Fresh Fruit 100% Juice	Belgian Waffle Breakfast Ham Fresh Fruit 100% Juice
L U N C H	Classic Meatloaf Herb Roasted Red Potatoes Loaded Cauliflower Baked Roll Fresh Apple Pie	Asian Orange Chicken Vegetable Egg Roll Sesame Green Beans Baked Roll White Cake	Creamy Herbed Pork Chop Baked Yams Mixed Vegetables Baked Roll Pear Cobbler	Hamburger Steak and Onions Classic Mashed Potatoes Baby Carrots Baked Roll Berry Trifle	Baked Drumsticks Potato Salad Vegetable Medley Baked Roll Peanut Butter Marshmallow Crunch Bar	Lemon Baked Fish Parsley Rice Steamed Broccoli Baked Roll Key Lime Tarts	Steak Fajita Sautéed Zucchini Baked Roll Cinnamon Coffee Cake
D I N N E R	BBQ Pulled Pork on a Bun Fruit Cocktail Carrot Apple Celery Salad Sweet Potato Fries	Classic Stuffed Bell Peppers Spring Fruit Cup Cornbread Muffin	Greek Chicken Pasta Assorted Fruit Tomato Cucumber Salad Crusty Garlic Bread	Grilled Turkey Cheddar Sandwich Melon Salad Pickle Spear Chips	Ham Melt Apple Slices Coleslaw Tater Tots	Pepperoni Pizza Fruit Compote Green Beans Italian Garlic Breadsticks	Chicken Salad on Croissant Assorted Fruit Romaine Orange Salad Crackers
Milk offered at every meal							Week 4

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



	Sun 07-21-2024	Mon 07-22-2024	Tue 07-23-2024	Wed 07-24-2024	Thu 07-25-2024	Fri 07-26-2024	Sat 07-27-2024
B R E A K F A S T	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Sausage Scramble Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice	Baked Omelet Bacon Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Egg of Choice Fresh Fruit 100% Juice	Skillet Eggs with Hash Browns Fresh Fruit 100% Juice Fresh Biscuit	Deluxe Waffle Bacon Fresh Fruit 100% Juice
L U N C H	Honey Glazed Ham Fresh Cooked Yams Skillet Cabbage Baked Roll Pecan Pie	Homestyle Fried Chicken Classic Macaroni Salad Collard Greens Peach Cobbler	Southwest Cheddar Meatballs Herb Mashed Potatoes Roasted Summer Squash Baked Roll Texas Sheet Cake	Roasted Pork Baked Sweet Potato Grilled Asparagus Baked Roll Pineapple Blueberry Crumble	Bacon and Cheese Chopped Steak Mushroom Rice Peas and Carrots Baked Roll Toll House Pie	Crunchy Baked Fish Baked Fried Potatoes Lemon Roasted Broccoli Baked Roll Sherbet Dessert	Herb Roasted Turkey Homestyle Stuffing Roasted Brussels Sprouts Carrot Cake
D I N N E R	Open Face Turkey Sandwich with Gravy Strawberries Buttery Carrots Classic Mashed Potatoes	Bean and Cheese Burrito Grapes Guacamole Savory Rice	Ham and Cheese Hoagie Watermelon Vegetables with Ranch Dip	Spaghetti with Marinara Meat Sauce Pears Garlic Green Beans Garlic Bread	Honey Mustard Deli Wrap Orange Cottage Salad Pickled Beets Chips	Grilled Cheese Sandwich Tropical Mixed Fruit Tomato Soup Crackers	Breadcrumb Chicken Tenders Mixed Fruit Medley Normandy Blend Baked Macaroni Cheese
Milk offered at every meal							Week 5

Dietitian's Signature:

Diana Jagan 610128
4-29-2024