



	Sun 01-16-2022	Mon 01-17-2022	Tue 01-18-2022	Wed 01-19-2022	Thu 01-20-2022	Fri 01-21-2022	Sat 01-22-2022
B R K	Potato Pancakes <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Hot Cereal Breakfast Ham Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Denver Egg Scramble <i>or</i> Creamy Oatmeal O'Brien Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Banana Chocolate Pancakes <i>or</i> Cream of Wheat Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Mixed Berry Vanilla Baked Oatmeal Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Baked French Toast with Cream Cheese <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Bacon and Egg Croissant <i>or</i> Cream of Wheat Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N	Homestyle Vegetable Soup Country Fried Steak with Gravy Creamy Mashed Potatoes Normandy Blend Whole Grain Bread Beverage Choice Pumpkin Pie	Cream of Broccoli Soup Beef and Cabbage Stuffed Rolls Rice Pilaf Green Beans with Bacon Whole Grain Bread Beverage Choice Cheesecake	Spinach Tortellini Soup Lasagna Sautéed Spinach Garlic Bread Beverage Choice Ice Cream	Chicken and Dumpling Soup Chicken Cordon Bleu Long Grain Wild Rice Pilaf Corn Whole Grain Bread Beverage Choice Black Forest Cake	Beef Barley Soup Meatloaf Sandwich Mashed Potatoes and Gravy Fresh Asparagus Whole Grain Bread Beverage Choice Fresh Banana Cream Pie	Homemade Clam Chowder Baked Parmesan Fish Parmesan Pasta Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Fruit Crisp	Green Salad Cheeseburger Baked Potato Skins Farm Fresh Vegetables Whole Grain Bread Beverage Choice Strawberry Mousse
D I N	Tuna Salad on Croissant Cheesy Rice Herb Roasted Vegetables Whole Grain Bread Beverage Choice Orange Pineapple Jello	Chicken and Dumplings Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Butterscotch Pudding	Creamed Turkey and Biscuits Fresh Fruit Broccoli Whole Grain Bread Beverage Choice Autumn Apple Tart	Hamburger Gravy Fresh Mashed Potatoes Cream Peas Whole Grain Bread Beverage Choice Cookie	Apple Curry Chicken Roasted Red Potatoes Garlic Green Beans Whole Grain Bread Beverage Choice Rootbeer Floats	Cheese Ravioli with Pasta Sauce Caesar Spinach Salad Parmesan Breadsticks Beverage Choice Fruit Tart	BBQ Chicken Thighs Fresh M'Potatoes with Country Gravy Sautéed Carrots Whole Grain Bread Beverage Choice Tiramisu
Milk offered at every meal							Week 5

Diitian's Signature: *Diane H. Jugu* 10-10-2021
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