



	Sun 01-09-2022	Mon 01-10-2022	Tue 01-11-2022	Wed 01-12-2022	Thu 01-13-2022	Fri 01-14-2022	Sat 01-15-2022
B R K	Chef's Choice Pastry <i>or</i> Cream of Wheat Egg of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Bacon and Egg Casserole <i>or</i> Creamy Oatmeal Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Pancakes <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Breakfast Burrito <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg and Ham Scramble <i>or</i> Mixed Berry Vanilla Baked Oatmeal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Cream of Wheat Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N	Chicken Tortilla Soup Chicken Taco Salad Spanish Rice Mexican Roasted Vegetables Whole Grain Bread Beverage Choice Fruited Jello Salad	Beef Barley Soup Swiss Steak and Tomatoes Parsley Egg Noodles Garlic Green Beans Whole Grain Bread Beverage Choice Homemade Carrot Cake	Homemade Chicken Noodle Soup Chicken Fricassee Garlic Herb Mashed Potatoes Lemon Buttered Broccoli Whole Grain Bread Beverage Choice Chocolate Cake	Cream of Tomato Soup Open Face Hot Turkey Sandwich Pecan Mashed Yams Baked Squash Whole Grain Bread Beverage Choice Cinnamon Coffee Cake	Beef Vegetable Soup Beef Pot Roast Herb Roasted Red Potatoes Buttery Carrots Whole Grain Bread Beverage Choice Cherry Pie	Manhattan Clam Chowder Bourbon Glazed Salmon Wild Rice Casserole Vegetable Medley Whole Grain Bread Beverage Choice Ice Cream	Green Salad Apricot Chicken Drumsticks Macaroni and Cheese Corn Whole Grain Bread Beverage Choice Strawberry Pie
D I N	Bourbon BBQ Pork Sandwich Cowboy Baked Beans Cucumber Dill Salad Whole Grain Bread Beverage Choice Banana Pudding	Fried Shrimp with Cocktail Sauce Baked Potato Stewed Tomatoes Whole Grain Bread Beverage Choice Fresh Lemon Bars	BBQ Pork Ribs Fried Potatoes and Onions Parmesan Peas Whole Grain Bread Beverage Choice Orange Sherbet Dish	Roasted Shrimp and Vegetables Jasmine Rice Farm Fresh Vegetables Whole Grain Bread Beverage Choice Chocolate Vanilla Pudding Dessert	Asian Chicken Salad Spring Egg Roll Seasoned Broccoli Whole Grain Bread Beverage Choice Key Lime Pie Bars	Creamy Tomato Bisque Grilled Cheese Sandwich with Tomato Homestyle Potato Chips Fresh Vegetable and Lettuce Salad Whole Grain Bread Beverage Choice Angel Food Cake with Fresh Berries	Pasta Bolognese Chef's Steamed Vegetable Mozzarella Garlic Bread Beverage Choice Chocolate Eclair Dessert
Milk offered at every meal							Week 4

Dietitian's Signature: *Diane A. Jagan* 10-10-2021
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