



	Sun 05-08-2022	Mon 05-09-2022	Tue 05-10-2022	Wed 05-11-2022	Thu 05-12-2022	Fri 05-13-2022	Sat 05-14-2022
B R K	Buttermilk Pancakes <i>or</i> Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Sausage Country Gravy and Biscuits <i>or</i> Bananas Foster Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg Mushroom Scramble <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Blueberry French Toast Bake <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Belgian Waffles <i>or</i> Mixed Berry Vanilla Baked Oatmeal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Cheese Omelet <i>or</i> Cream of Wheat Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Pancakes <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N	Ham Potato Cabbage Soup Grilled Pork Tenderloin with Beer and Mustard Glaze Garlic Mashed Potatoes Braised Cabbage Whole Grain Bread Beverage Choice Lemon Cake	Italian Wedding Soup Baked Beef Ravioli Italian Bread Italian Green Beans Whole Grain Bread Beverage Choice Spumoni Ice Cream	Turkey Noodle Soup Honey Glazed Roasted Turkey Homestyle Stuffing Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Chocolate Cream Pie	Minestrone Soup Beef Pizza Bake Battered French Fries Caesar Salad Whole Grain Bread Beverage Choice Jello Cake	Soup Du Jour BBQ Crispy Chicken Salad Hawaiian Style Rice Green Beans Whole Grain Bread Beverage Choice Yogurt Strawberry Jello	New England Clam Chowder Pecan Crusted Cod White and Wild Rice Pilaf Sautéed Spinach Whole Grain Bread Beverage Choice Sherbet	Green Salad Honey Mustard Chicken Salad Parsley Potatoes Fresh Fruit Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Ice Cream
D I N	Greek Pasta with Chicken Mandarin Oranges Balsamic Roasted Vegetables Whole Grain Bread Beverage Choice Berry Cheesecake	Shrimp Creole Brown Rice Stewed Tomatoes Whole Grain Bread Beverage Choice Cookie	Cuban Sandwich Baked Potato Skins Herb Sautéed Vegetables Whole Grain Bread Beverage Choice Ice Cream with Rhubarb Sauce	Bourbon Chicken Candied Yams Fresh Cooked Carrots Whole Grain Bread Beverage Choice Chocolate Eclair Dessert	Marinated Pork Chops Hash Brown Casserole Garlic Zucchini Saute Whole Grain Bread Beverage Choice Chocolate Cookie Cupcake	Grilled Cheese Sandwich Red Potato Salad Garden Vegetable Soup Whole Grain Bread Beverage Choice Banana Cream Pudding	Tuna Salad on Croissant Homestyle Fried Potatoes Cranberry Coleslaw Whole Grain Bread Beverage Choice Peanut Butter Chocolate Chip Cookie
Milk offered at every meal							Week 5

Dietitian's Signature: *Diane Segn RDN 4-10-2022*
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