



	Sun 06-19-2022	Mon 06-20-2022	Tue 06-21-2022	Wed 06-22-2022	Thu 06-23-2022	Fri 06-24-2022	Sat 06-25-2022
B R K	Egg of Choice <i>or</i> Mixed Berry Vanilla Baked Oatmeal Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Sausage Country Gravy and Biscuits <i>or</i> Hot Cereal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast <i>or</i> Cream of Wheat Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Denver Egg Scramble <i>or</i> Creamy Oatmeal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Famous Blueberry Pancakes <i>or</i> Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Cheesy Scrambled Eggs <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg Sausage Croissant <i>or</i> Mixed Berry Vanilla Baked Oatmeal Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N	Chicken Rice Soup Balsamic Cherry Glazed Chicken Fresh Mashed Potatoes Baby Carrots Whole Grain Bread Beverage Choice Apple Crumb Cake	Italian Vegetable Soup Citrus and Garlic Pulled Pork Brown Rice with Cranberries Oven Roasted Broccoli Whole Grain Bread Beverage Choice Sherbet Dessert	French Onion Soup Beef and Dumplings Mashed Red Potatoes Bermuda Vegetables Whole Grain Bread Beverage Choice Ice Cream	Chicken Wild Rice Soup Caprese Chicken Baked Potato Mixed Vegetables Whole Grain Bread Beverage Choice Fruit Pie	Navy Bean Soup Apricot Glazed Pork Roast Penne Pasta Grilled Zucchini Whole Grain Bread Beverage Choice Cherry Crisp	Green Salad Baked Citrus Salmon Parmesan Roasted Potatoes Green Beans Almondine Whole Grain Bread Beverage Choice Lemon Meringue Pie	Green Salad Meatloaf Fresh Mashed Potatoes and Gravy Balsamic Roasted Vegetables Whole Grain Bread Beverage Choice Angel Food Cake with Fresh Berries
D I N	All Beef Hot Dog Potato Salad Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Homemade Cookie	Cheese Tortellini Parmesan Breadsticks Spinach Tomato Salad Whole Grain Bread Beverage Choice Fresh Lemon Bars	Meat Lover's Pizza Potato Wedges Riviera Blend Vegetables Whole Grain Bread Beverage Choice Jello Salad	Tuna Salad Sandwich Potato Chips Dill Cucumbers Whole Grain Bread Beverage Choice Homemade Chocolate Pudding	California Chef Salad Crusty Garlic Bread Assorted Fruit Parsley Carrots Whole Grain Bread Beverage Choice Blonde Brownies	Egg Salad Croissant Rosemary Fingerling Potatoes Lemon Parmesan Asparagus Whole Grain Bread Beverage Choice Ice Cream	Buttermilk Fried Chicken AuGratin Potatoes Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Orange Creamsicle Bar
Milk offered at every meal							Week 1

Dietitian's Signature: *Quinn Jagan RDN 4-10-2022*
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