



	Sun 07-31-2022	Mon 08-01-2022	Tue 08-02-2022	Wed 08-03-2022	Thu 08-04-2022	Fri 08-05-2022	Sat 08-06-2022
B R K	Apple Cinnamon Baked French Toast <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg and Ham Scramble <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Bananas Foster Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Pumpkin Pancakes <i>or</i> Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg of Choice <i>or</i> Cream of Wheat Hash Browns Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Cheesy Scrambled Eggs <i>or</i> Mixed Berry Vanilla Baked Oatmeal Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast Sticks <i>or</i> Hot Cereal Sausage Link Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N	Split Pea Soup Baby Back Pork Ribs Hash Brown Bake Vegetable Medley Whole Grain Bread Beverage Choice Orange Sherbet Dish	Turkey Noodle Soup Hot Turkey Sandwich with Gravy Fresh Mashed Potatoes Roasted Brussels Sprouts Whole Grain Bread Beverage Choice Red Velvet Cake	Beef Barley Soup Rib Eye Steak Garlic Parmesan Rice Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Strawberry Jello	Ham Potato Cabbage Soup Parmesan Crusted Pork Chops White and Wild Rice Pilaf Buttery Carrots Whole Grain Bread Beverage Choice Apple Cobbler	Creamy Italian Sausage Soup Baked Honey Mustard Chicken AuGratin Potatoes Green Beans Almondine Whole Grain Bread Beverage Choice Whipped Berry Pie	New England Clam Chowder Cod with Savory Herb Butter Baked Potato Fried Green Beans Whole Grain Bread Beverage Choice Ice Cream	Green Salad Corned Beef and Cabbage Roasted Red Potatoes Seasoned Broccoli Whole Grain Bread Beverage Choice Fruit Crisp
D I N	Bacon Cheddar Ranch Chicken Salad Crusty Garlic Bread Honeydew Parmesan Asparagus with Tomato Whole Grain Bread Beverage Choice Chocolate Chip Brownie	Shrimp and Lime Cilantro Rice California Blend Whole Grain Bread Beverage Choice Pineapple Cake	Grilled Chicken Strawberry Salad Baked Potato Farm Fresh Vegetables Whole Grain Bread Beverage Choice Sherbet Dessert	BLT Sandwich Assorted Fruit Homestyle Vegetable Soup Whole Grain Bread Beverage Choice Peanut Butter Bars	Roast Beef with Mushroom Sauce Fingerling Potatoes Grilled Mixed Vegetables Whole Grain Bread Beverage Choice Soft Oatmeal Raisin Cookie	Chicken Tacos Spanish Rice Mexican Roasted Vegetables Whole Grain Bread Beverage Choice Lemon Mousse Dessert	Baked Ziti with Italian Sausage Assorted Fruit Spinach Salad Whole Grain Bread Beverage Choice Butterscotch Pudding
Milk offered at every meal							Week 2

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