



| | Sun 08-07-2022 | Mon 08-08-2022 | Tue 08-09-2022 | Wed 08-10-2022 | Thu 08-11-2022 | Fri 08-12-2022 | Sat 08-13-2022 |
|----------------------------|--|---|---|---|---|--|--|
| B R K | Denver Egg Scramble <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice | Banana Chocolate Pancakes <i>or</i> Creamy Oatmeal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice | Deluxe Waffles <i>or</i> Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice | Scrambled Egg <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice | Spanish Omelet <i>or</i> Mixed Berry Vanilla Baked Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice | French Toast <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 |
| L U N | Sausage Corn Chowder Mango Pork Tenderloin Pecan Mashed Yams Whole Green Beans Whole Grain Bread Beverage Choice Fresh Coconut Cream Pie | Fresh Tomato Soup Meatballs with Burgundy Sauce Garlic Mashed Potatoes Peas and Carrots Whole Grain Bread Beverage Choice Banana Sheet Cake | Turkey Wild Rice Soup Grilled Turkey Swiss Sandwich Bacon Ranch Pasta Salad Coleslaw Whole Grain Bread Beverage Choice Cherry Cobbler | Ham and Potato Soup Cranberry Glazed Ham Roasted Potato Medley Spinach and Tomatoes Whole Grain Bread Beverage Choice Creamy Lime Squares | Chicken Noodle Soup Blackened Chicken Salad Basmati Rice Capri Blend Whole Grain Bread Beverage Choice Cheesecake with Fruit Topping | Manhattan Clam Chowder Grilled Salmon Fillet Parmesan Pasta Grilled Asparagus Garlic French Bread Pound Cake with Fresh Berries | Green Salad Beef Pot Roast Mashed Potatoes and Gravy Corn Whole Grain Bread Beverage Choice Caramel Apple Bars |
| D I N | Baked Chicken Fajita Spanish Rice Mexican Roasted Vegetables Whole Grain Bread Beverage Choice Churro with Vanilla Ice Cream | Cajun Shrimp Mac and Cheese Fresh Fruit Salad Brussels Sprouts Whole Grain Bread Beverage Choice Tapioca Pudding | Deluxe Hamburger Baked Beans with Bacon Watermelon California Blend Whole Grain Bread Beverage Choice Homemade Cookie | Classic Spaghetti Meat Sauce Parmesan Breadsticks Vegetable Medley Chocolate Mousse | Shrimp Saute with Peppers and Onions Delmonico Potatoes Honey Glazed Carrots Whole Grain Bread Beverage Choice Boston Cupcakes | Egg Salad Croissant Bermuda Vegetables Whole Grain Bread O'Brien Potatoes Beverage Choice Mint Chocolate Chip Ice Cream | Bratwurst on a Bun Homestyle Fried Potatoes Three Bean Salad Whole Grain Bread Beverage Choice Chocolate Pudding |
| Milk offered at every meal | | | | | | | Week 3 |

Dietitian's Signature: *Diana Segun RDN 4-10-2022*
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