



	Sun 09-04-2022	Mon 09-05-2022	Tue 09-06-2022	Wed 09-07-2022	Thu 09-08-2022	Fri 09-09-2022	Sat 09-10-2022
B R E A K F A S T	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	Egg and Ham Wrap <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 <i>or</i> Hot Cereal Bacon Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N C H	Beef Rice Soup Beef Brisket Hash Brown Bake Vegetable Medley Whole Grain Bread Beverage Choice Orange Sherbet Dish	Turkey Noodle Soup Rosemary Roasted Turkey Fresh Mashed Potatoes and Gravy Roasted Brussels Sprouts Whole Grain Bread Beverage Choice Apple Pie Ala Mode	Navy Bean Soup Apple and Onion Pork Long Grain Wild Rice Pilaf Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Strawberry Jello	Chicken and Dumpling Soup Chicken Cordon Bleu Sweet Yams Garlic Green Beans Whole Grain Bread Beverage Choice Apple Cobbler	Turkey Wild Rice Soup Grilled Three Cheese Sandwich AuGratin Potatoes Pickled Beets Whole Grain Bread Beverage Choice Whipped Berry Pie	Classic Minestrone Soup Shrimp Pasta Primavera Baked Potato Fried Green Beans Whole Grain Bread Beverage Choice Ice Cream	Green Salad Hamburger Steak and Onions Roasted Red Potatoes Seasoned Broccoli Whole Grain Bread Beverage Choice Fruit Crisp
D I N N E R	Classic Chicken Salad Sandwich Homestyle Potato Chips Honeydew Roasted Carrots Whole Grain Bread Beverage Choice Chocolate Chip Brownie	Breaded Shrimp with Tartar Sauce Cheesy Bacon Potato Slices California Blend Whole Grain Bread Beverage Choice Pineapple Cake	All Beef Hot Dog Potato Salad Farm Fresh Vegetables Whole Grain Bread Beverage Choice Wildberry Sorbet	French Dip Sandwich Fresh Mashed Potatoes and Gravy Peas and Pearl Onions Whole Grain Bread Beverage Choice Peanut Butter Bars	Hot Pork Gravy Classic Mashed Potatoes Grilled Mixed Vegetables Whole Grain Bread Beverage Choice Soft Oatmeal Raisin Cookie	Beef Taco Spanish Rice Mexican Roasted Vegetables Whole Grain Bread Beverage Choice Lemon Mousse Dessert	Chicken Cacciatore Baked Potato Roasted Cauliflower 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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