



	Sun 09-11-2022	Mon 09-12-2022	Tue 09-13-2022	Wed 09-14-2022	Thu 09-15-2022	Fri 09-16-2022	Sat 09-17-2022
B R E A K F A S T	Denver Egg Scramble <i>or</i> Cream of Wheat Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Pancakes <i>or</i> Creamy Oatmeal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg and Ham Scramble <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast <i>or</i> Cream of Wheat Scrambled Egg 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	Pumpkin Pancakes <i>or</i> Hot Cereal Breakfast Ham 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 C H	German Beer Cheese Soup Burgundy Pork Tenderloin Pecan Mashed Yams Whole Green Beans Whole Grain Bread Beverage Choice Boston Cream Pie	Green Salad Chili Dog Baked Potato Peas and Carrots Whole Grain Bread Beverage Choice Creamy Lime Pear Jello	Cream Potato and Beef Soup Baked Beef Brisket Classic Mashed Potatoes Coleslaw Whole Grain Bread Beverage Choice Cherry Cobbler	Homestyle Vegetable Soup Glazed Ham with Pineapple Roasted Potato Medley Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Sherbet	Chicken Noodle Soup Bourbon Chicken Garlic Mashed Potatoes Capri Blend Whole Grain Bread Beverage Choice Cheesecake with Fruit Topping	New England Clam Chowder Grilled Salmon Fillet Rice Pilaf Grilled Asparagus Whole Grain Bread Beverage Choice Pound Cake with Fresh Berries	Green Salad Beef Gyro Greek Potatoes Cucumber and Feta Salad Whole Grain Bread Beverage Choice Autumn Spice Cake
D I N N E R	Tuna Melt Pasta Salad Assorted Raw Vegetable with Ranch Whole Grain Bread Beverage Choice Ice Cream	Caesar Salad Wrap Pasta Salad Brussels Sprouts Whole Grain Bread Beverage Choice Tapioca Pudding	Creamed Turkey and Biscuits Watermelon California Blend Whole Grain Bread Beverage Choice Homemade Cookie	Honey Grilled Shrimp Brown Rice with Carrots and Leeks Vegetable Medley Whole Grain Bread Beverage Choice Baked Cinnamon Apples	Grilled Roast Beef Sandwich Delmonico Potatoes Honey Glazed Carrots Whole Grain Bread Beverage Choice Yellow Cupcake	Cranberry Glazed Roast Pork Bermuda Vegetables Whole Grain Bread O'Brien Potatoes Beverage Choice Mint Chocolate Chip Ice Cream	Baked Rosemary Lemon Chicken Homestyle Fried Potatoes Creamed Corn Whole Grain Bread Beverage Choice Chocolate Pudding
Milk offered at every meal							Week 3

Dietitian's Signature: *Quinn Jagan RDN 4-10-2022*  
610128