



	Sun 11-20-2022	Mon 11-21-2022	Tue 11-22-2022	Wed 11-23-2022	Thu 11-24-2022	Fri 11-25-2022	Sat 11-26-2022
B R E A K F A S T	Scrambled Egg <i>or</i> Creamy Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Potato Pancakes <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg of Choice <i>or</i> Cream of Wheat Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Bananas Foster Oatmeal Hash Browns 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	Garden Veggie Frittata <i>or</i> Cream of Wheat Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Pancakes <i>or</i> Creamy Oatmeal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N C H	Tortilla Soup Beef and Bean Burrito Mexican Roasted Potatoes Grilled Mixed Vegetables Whole Grain Bread Beverage Choice Strawberry Custard Tart	Broccoli Cheese Soup Beef Goulash Mozzarella Garlic Bread Vegetable Medley Whole Grain Bread Beverage Choice Strawberry Mousse	Classic Chicken Noodle Soup Baked Lemon Chicken Pecan Mashed Yams Burgundy Mushrooms Whole Grain Bread Beverage Choice Banana Creme Cake	Butternut Squash Soup Chinese Shrimp Curry Jasmine Rice Garlic Carrots Whole Grain Bread Beverage Choice Ice Cream	Basil Tomato Soup Spaghetti and Meat Wine Sauce Garlic Bread Garlic Green Beans Whole Grain Bread Beverage Choice Assorted Pies	Soup Du Jour Chicken Marsala White and Wild Rice Pilaf Garlic Zucchini Saute Whole Grain Bread Beverage Choice Tiramisu	Green Salad Sloppy Joes Potato Chips Green Beans with Bacon Whole Grain Bread Beverage Choice Carrot Cake Bars
D I N N E R	BBQ Chicken Quarters Cheesy Mashed Potatoes Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Cookie	Pork Chop with Mushroom Gravy Baked Potato Fresh Cooked Carrots Whole Grain Bread Beverage Choice Chocolate Ice Cream	Kielbasa with Peppers Garlic Mashed Potatoes Green Beans Whole Grain Bread Beverage Choice Strawberry Cranberry Jello Salad	Turkey Burger O'Brien Potatoes Corn Whole Grain Bread Beverage Choice Chocolate Mousse Tart	Ham and Potato Casserole Steamed Broccoli Whole Grain Bread Beverage Choice Mandarin Cookie Dessert	Cod with Tomato Cream Sauce Creamy AuGratin Potatoes Bermuda Vegetables Whole Grain Bread Beverage Choice Wildberry Sorbet	BBQ Turkey Meatloaf Ranch Roasted Potatoes California Blend Whole Grain Bread Beverage Choice Butterscotch Brownies
Milk offered at every meal							Week 2

Dietitian's Signature: *Diane A. Jager #L10128*  
10-9-2022