



	Sun 05-01-2022	Mon 05-02-2022	Tue 05-03-2022	Wed 05-04-2022	Thu 05-05-2022	Fri 05-06-2022	Sat 05-07-2022
B R K	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast Milk	Hot Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Milk	Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Milk	Hot Cereal 100% Juice Whole Grain Toast Milk	Hot Cereal Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Milk	Hot Cereal Yogurt Fresh Fruit 100% Juice Whole Grain Toast	Hot Cereal Corned Beef Hash Fresh Fruit 100% Juice Whole Grain Toast
L U N	Classic Meatloaf Seasoned Fried Potatoes Oven Roasted Cauliflower Baked Roll Milk Ice Cream	BBQ Italian Chicken Aloha Sweet Potatoes Steamed Broccoli Baked Roll Milk	Turkey Cutlet with Cream Sauce Lemon Rice Harvard Beets Baked Roll Milk Ice Cream	Chicken Fried Steak and Gravy Sweet Potato Hash Glazed Baby Carrots Baked Roll Milk Banana Crumb Cake	Chicken with Lemon Sauce Seasoned Rice Seasoned Peas Baked Roll Milk Dutch Apple Pie	Seasoned Baked Flounder Fortified Mashed Potatoes Lemon Pepper Green Beans Baked Roll Milk Sweet Lemon Tart	Lemon Herb Turkey Cutlet with Gravy Pinto Beans Corn Baked Roll Milk Peanut Butter Mallow Crunch
D I N	Shredded Pork Sauteed Zucchini Milk Ice Cream Sandwich	Sloppy Joes Fruit Cocktail Salad Southern Vegetable Salad Milk	Three Cheese Ravioli Colorful Fruit Salad Balsamic Roasted Vegetables Baked Roll Milk	Roasted Shrimp and Vegetables Spring Fruit Cup Chef's Steamed Vegetable Milk	Ham Sandwich Capri Blend Milk Snickerdoodle Brownie	Pepperoni Pizza Caesar Salad Milk Homemade Cookie	Chicken Rice Pilaf Casserole California Blend Milk Mint Brownie
Milk offered at every meal							Week 4

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



	Sun 05-01-2022	Mon 05-02-2022	Tue 05-03-2022	Wed 05-04-2022	Thu 05-05-2022	Fri 05-06-2022	Sat 05-07-2022
B R K	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	3/4 c Hot Cereal 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	3/4 c Hot Cereal 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	3/4 c Hot Cereal 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	3/4 c Hot Cereal 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast 1 c Milk	3/4 c Hot Cereal 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1/2 c Corned Beef Hash 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N	3 oz Classic Meatloaf 1/2 c Seasoned Fried Potatoes 1/2 c Oven Roasted Cauliflower 1 - Baked Roll 1 c Milk 1/2 c Ice Cream	3 oz BBQ Italian Chicken 1/2 c Aloha Sweet Potatoes 1/2 c Steamed Broccoli 1 - Baked Roll 1 c Milk	3 oz Turkey Cutlet with Cream Sauce 1/2 c Lemon Rice 1/2 c Harvard Beets 1 - Baked Roll 1 c Milk 1/2 c Ice Cream	3 oz Chicken Fried Steak and Gravy 1/2 c Sweet Potato Hash 1/2 c Glazed Baby Carrots 1 - Baked Roll 1 c Milk 3"x 2" pc Banana Crumb Cake	3 oz Chicken with Lemon Sauce 1/2 c Seasoned Rice 1/2 c Seasoned Peas 1 - Baked Roll 1 c Milk 1 slice Dutch Apple Pie	3 oz Seasoned Baked Flounder 1/2 c Fortified Mashed Potatoes 1/2 c Lemon Pepper Green Beans 1 - Baked Roll 1 c Milk 1 - Sweet Lemon Tart	3 oz Lemon Herb Turkey Cutlet with Gravy 1/2 c Pinto Beans 1/2 c Corn 1 - Baked Roll 1 c Milk 3"x 2" pc Peanut Butter Mallow Crunch
D I N	3 oz Shredded Pork 1/2 c Sauteed Zucchini 1 c Milk 1 - Ice Cream Sandwich	1 - Sloppy Joes 1/2 c Fruit Cocktail Salad 1/2 c Southern Vegetable Salad 1 c Milk	5 oz Three Cheese Ravioli 1/2 c Colorful Fruit Salad 1/2 c Balsamic Roasted Vegetables 1 - Baked Roll 1 c Milk	1 c Roasted Shrimp and Vegetables 1/2 c Spring Fruit Cup 1/2 c Chef's Steamed Vegetable 1 c Milk	1 - Ham Sandwich 1/2 c Capri Blend 1 c Milk Pc 2" Snickerdoodle Brownie	1 slice Pepperoni Pizza 1 c Caesar Salad 1 c Milk 1 - Homemade Cookie	1 c Chicken Rice Pilaf Casserole 1/2 c California Blend 1 c Milk Pc 2" Mint Brownie
Milk offered at every meal							Week 4

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Dietitian's Signature: *Dawn Agan RDN 4-10-2022*
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