

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/7/2025	9/8/2025	9/9/2025	9/10/2025	9/11/2025	9/12/2025	9/13/2025
Breakfast						
Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit	Juice & Fruit
Oatmeal or Whole Grain Cold Cereal	Cream of Wheat or Whole Grain Cold Cereal	Oatmeal or Whole Grain Cold Cereal	Cream of Wheat or Whole Grain Cold Cereal	Oatmeal or Whole Grain Cold Cereal	Cream of Wheat or Whole Grain Cold Cereal	Oatmeal or Whole Grain Cereal
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
or	or	or	or	or	or	or
Warm Boiled Eggs	Poached Eggs	Warm Boiled Eggs	Poached Eggs	Warm Boiled Eggs	Poached Eggs	Warm Boiled eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Morning Pastries		Summer Fruit Salad		Sausage Cresent Roll		
Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea	Milk/Coffee/Tea
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lemon Herb Baked Fish	Philly Cheesesteak Stuffed Pepper	Brushetta Chicken Pasta	Seafood Salad Roll	Garlic Butter Pork Chop	Stewed Beef Taco	Meatloaf
Roasted Half Chicken	Ham & Broccoli Casserole	Korean BBQ Meatballs Over Rice	Chicken BLT Salad Croissant	Mango Salsa Salmon	Crispy Katsu Pork	Chicken Sausages
Rice Pilaf	Dinner rolls	Breadsticks	French Fries	Lemon Orzo	Cilantro Lime Rice	Baked Sweet Potato
Carrots	Zucchini Blend	Roasted Asparagus	Grilled Mixed Veggies	Green Beans	Street Corn	Peas
Garden Salad	Garden Salad	Caesar Salad	Cucumber Salad	Coleslaw	Garden Salad	Garden Salad
Cooks Choice	Birthday Dessert-Marita	Blueberry Cream Cheese Bars	German Chocolate Brownies	Tiramisu	Chocolate Chip Cookies	Cooks Choice
or	or	or	or	or	or	or
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Supper						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roasted Red Pepper Soup	Vegetable Orzo Soup	Roasted Red Pepper Soup	Vegetable Orzo Soup	Creamy Tomato	Chicken Tortilla Soup	Creamy Tomato
Chicken Fajita Pasta Salad	Bone-In Chicken Wings w/ Dipping Sauce	Italian Tortellini Salad	Peach Watermelon Chicken Salad	Tzatziki Chicken Salad Wrap	Cowboy Cavier Dip with Chips	Shrimp Fried Rice
or	or	or	or	or	or	or
Roast Beef & Cheddar	Crab Cakes & Asparagus	Cheeseburgers & Chips	BBQ Pulled Pork Grilled Cheese	Tuna Melts	Pepperoni Pizza Grilled Cheese	Beef & Cheese Burrito
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
Assorted Ice Cream	Assorted Ice Cream	Assorted Ice Cream	Assorted Ice Cream	Assorted Ice Cream	Assorted Ice Cream	Assorted Ice Cream
or	or	or	or	or	or	or
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit

Heart Healthy Entrees are available if you are low sodium or sugar restricted diet. All sandwiches will be made on 100% whole wheat bread unless otherwise specified. Whole wheat bread will be available at all meals. Milk will be served at all meals. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. All Menus Subject to Change

ALTERNATIVE ENTREE OPTIONS:

Grilled Cheese

Fruit & Yogurt Bowl

Fruit & Cottage Cheese Bowl

Chef Salad

Turkey & Ham Sandwiches

Egg Salad

Scrambled Eggs

PB&J

Catch of the Day Fish

Tuna Salad

Chef Salad