



Sample Weekly Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of: Pancakes w/ sausage Yogurt w/ cerea bar French toast Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cerea bar French toast Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cerea bar French toast Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cerea bar French toast Coffee, tea, fruit juice	Choice of: Pancakes w/ sausage Yogurt w/ cerea bar French toast Coffee, tea, fruit juice
Lunch	Lunch	Lunch	Lunch	Lunch
Sliced Turkey w/ gravy Mashed Potatoes Steamed Vegetables Cornbread Muffin Brownie Squares	Meatloaf w/ gravy Mac & Cheese Green Beans Whole Grain Bread Assorted cookies	Ziti w/meatballs Vegetables Whole Grain Bread Cinnamon Apples	Rotisserie Chicken Southwest Rice Creamed Spinach Corn bread Assorted cookies	Turkey/Ham Sandwich Macaroni Salad Baked Beans Cornbread Muffin Brownie Squares
Snack PM	Snack PM	Snack PM	Snack PM	Snack PM
Cheese Cracker with fruit	Ice Cream Graham crackers	Peanut butter & jelly sandwich	Yogurt with fruit Graham crackers	Ice Cream Graham crackers

Beverage options: Coffee, Tea (hot or cold), water, apple juice

Our nutritious meals are freshly prepared and dietician approved.

