

|                         |   | <u>Sunday</u>  | <u>Monday</u>                                    | <u>Tuesday</u>                                | <u>Wednesday</u>                                | <u>Thursday</u>                                   | <u>Friday</u>                                      | <u>Saturday</u>                         |
|-------------------------|---|--|--|---|---|---|--|---|
| <b><u>Breakfast</u></b> |   |  |  |   |   |   |  |   |
| Fruit Juice             | 1 | Cranberry Juice  | Grape Juice                                      | Grapefruit Juice                              | Apple Juice                                     | Prune Juice                                       | Cranberry Juice                                    | Grape Juice                             |
|                         | 2 | Orange Juice   | V8 Juice   | Orange Juice                                  | Orange Juice                                    | V8 Juice  | Orange Juice                                       | Orange Juice                            |
| Fruit                   | 1 | Peach Slices w/ Cottage Cheese   | Banana   | Cantaloupe w/ Yogurt                          | Kiwi & Pineapple Slices                         | Nectarine Slices                                  | Blueberries  | Mango w/ Yogurt                         |
| Cereal - Cooked         | 1 | Cream of Wheat   | Oatmeal  | Cheese Grits                                  | Cream of Wheat                                  | Cranberry Apricot Oatmeal                         | Grits  | Banana Split Oatmeal                    |
| Cereal - Dry            | 1 | Assortment of Cereal   | Assortment of Cereal                             | Assortment of Cereal                          | Assortment of Cereal                            | Assortment of Cereal                              | Assortment of Cereal                               | Assortment of Cereal                    |
| Entree                  | 1 | Whole Wheat Blueberry Pancakes & Scrambled Eggs & Turkey Sausage Bacon |  | Roast Beef Hash                               | Breakfast Casserole                             | Breakfast Burrito w/ Egg, Sausage, Onion, Peppers | French Toast & Bacon                               | Ham & Scrambled Eggs                    |
|                         | 2 | Poached Eggs & Bacon   | Belgian Waffles & Bacon                          | Sunnyside Up Eggs & Sausage Links             | Gingerbread Pancakes & Bacon                    | Potato Latkes w/ Bacon                            | Scrambled Eggs & Bacon                             | Lemon Ricotta Pancakes & Bacon          |
| Sweet Bread or Biscuit  | 1 | Morning Glory Biscuits   | English Muffin                                   | Cinnamon Rolls                                | Raspberry Strudel                               | Cheese Danish                                     | Maple Coffee Cake                                  | Buttermilk Biscuits                     |
| <b><u>Lunch</u></b>     |   |  |  |   |   |   |  |   |
| Soup or Appetizer       | 1 | Cream of Mushroom Soup   | Soft Pretzel Nuggets w/ Warmed Honey Mustard Dip | Carrot & Celery Sticks w/ Ranch Dip           | Deviled Eggs                                    | Italian Wedding Soup                              | Gazpacho Shooters                                  | Italian Hillside Garden Soup            |
| Entrée                  | 1 | Pot Roast w/ Gravy   | Pulled BBQ Pork Pizza                            | Salisbury Steak w/ Gravy                      | Honey Glazed Ham Slices                         | Barbecue Chicken Breast                           | Grilled Catfish w/ Cajun Seasoning                 | Roasted Turkey Breast Slices w/ Gravy   |
|                         | 2 | Southwestern Stuffed Peppers   | Vegetarian Red Beans & Rice                      | Egg Salad Sandwich                            | Vegetarian Stir Fry                             | Veggie & Red Pepper Hummus on Whole Wheat Wrap    | Veggie Quinoa Burger                               | Spinach & Ricotta Stuffed Shells        |
| Potato and/or Starch    | 1 | Whipped Garlic Mashed Potatoes   | Sweet Potato Fries                               | Buttered Noodles                              | Lyonnise Potatoes                               | Penne Carbonara                                   | Tater Tot Casserole                                | Sweet Potatoe Casserole                 |
|                         | 2 |  |  | Homestyle Mashed Potatoes                     |   | Shingled Potatoes w/ Thyme                        |  |   |
| Cooked Vegetable        | 1 | Fresh Green Beans  | Sauteed Kale                                     | Sauteed Mushrooms                             | Sauteed Kale                                    | Baby Lima Beans                                   | Seasoned Collard Greens                            | Succotash                               |
|                         | 2 | Squash Casserole   | Corn & Parsnip Cakes                             | French Style Green Beans                      | Zucchini  | Roasted Cauliflower                               | Zucchini   | Sauteed Kale                            |
| Salad                   | 1 | Tossed Garden Salad  | Vinaigrette Cole Slaw                            | Mixed Field Greens Salad                      | Creamy Macaroni Salad                           | Radish Salad                                      | Pear Salad   | Watermelon & Arugula Salad              |
|                         | 2 | Carrot & Raisin Salad  | Mandarin Orange Salad                            | Beet Salad                                    | Orzo Salad                                      | Wild Rice Salad w/ Chopped Orange & Green Grapes  | Creamy Pea Salad                                   | Confetti Pasta Salad                    |
| Bread                   | 1 | Honey Wheat Dinner Rolls   | Onion Rolls                                      | Hearty Grain Bread                            | Crescent Rolls                                  | Yeast Rolls                                       | Cornbread  | Hawaiian Sweet Rolls                    |
| Dessert                 | 1 | Apple Cobbler  | Macaroons  | Lime Jell-O w/ Fruit Cocktail                 | Coconut Cream Pie                               | Lemon Bars  | Peaches w/ Cream                                   | Cherry Jell-O                           |
|                         | 2 | Vanilla Bean Ice Cream   | Pineapple Upside Down Cake                       | Tiramisu                                      | Toffee Cookies                                  | Assorted Doughnuts                                | Butterscotch Pudding                               | Root Bear Float                         |
| <b><u>Dinner</u></b>    |   |  |  |   |   |   |  |   |
| Soup or Appetizer       | 1 | Crispy Baked Ravioli w/ Warmed Marinara Dip                            | Watercress & Potato Soup                         | Cubed Honeydew & Canteloupe Cup               | Poached Spiced Pears                            | Cream of Tomato Soup                              | Caramlized Onion-Apple Bites                       | French Onion Soup                       |
| Entrée                  | 1 | Chicken Soft Tacos   | Tuna Noodle Bake                                 | Hearty Chicken & Dumplings                    | Baked Tilapia                                   | Shepherd's Pie w/ Potato Topping                  | Kielbasa & Sauerkraut                              | Sloppy Joe's on Whole Wheat Bun         |
|                         | 2 | Spinach Lasagna w/ White Sauce   | PBJ on Whole Wheat                               | Hearty Macaroni & Cheese w/ Pimento           | Three Bean Chili w/ Crackers                    | Grilled Cheese Sandwich on Texas Toast            | Refried Bean & Rice Burrito on Wheat Soft Tortilla | Mushroom & Onion Frittata               |
| Potato and/or Starch    | 1 | Herbed Quinoa  |  |   | Polenta   |   | Potato & Leek Casserole                            | Roasted Rosemary Potato Wedges          |
|                         | 2 |  | Potato Pierogies w/ Sour Cream & Chive Sauce     | Roasted Sweet Potato Nuggets                  | Roasted Fingerling Potatoes                     | Homestyle Seasoned Fries                          |  | Linguini in Pesto Sauce                 |
| Cooked Vegetable        | 1 | Baby Lima Beans  | Early Sweet Peas                                 | Seasonal Collard Greens                       | Brussels Sprouts w/ Lemon Butter Sauce          | Sauteed Fresh Green Beans                         | Coined Honey Glazed Carrots                        | French Style Green Beans                |
|                         | 2 | Cauliflower w/ Paprika & Garlic Sauce                                  | Fried Okra                                       | Black Eye Peas                                | Creamed Spinach                                 | Crispy Roasted Butternut Squash                   | Brussel Sprouts                                    | Seasoned Turnip Greens w/ Diced Parsnip |
| Salad                   | 1 | Potato Salad   | Farmer's Market Pasta Salad                      | Cucumber Dill Salad                           | Cottage Cheese w/ Peach Slices on a Lettuce Cup | Tossed Salad                                      | German Potato Salad                                | Bowtie Pasta Salad                      |
|                         | 2 | Italian Spiral Pasta Salad   | Borscht Pasta Salad                              | Roasted Sweet Potato & Butternut Squash Salad | Tortellini Salad                                | Kidney Bean Salad                                 | Pasta Salad w/ Lime Vinaigrette                    | Ambrosia Salad                          |
| Bread                   | 1 | Focaccia Bread   | Brioche Rolls                                    | Herbed Bread Sticks                           | Hush Puppies                                    | Sour Dough Knots                                  | Russian Black Bread                                | Garlic Bread Stick                      |
| Dessert                 | 1 | Chocolate Chip Cookies   | Peanut Butter Pie                                | Strawberry-Rhubarb Pie                        | Chocolate Brownies                              | Cherry Cordial Ice Cream                          | Strawberry Shortcake                               | Mixed Berry Yogurt Parfait              |
|                         | 2 | Cotton Pickin' Good Cupcakes   | Frozen Lemon Torte                               | Pistachio Pudding                             | Egg Custard                                     | Oatmeal Raisin Cookies                            | Smores   | Rice Krispie Treats                     |