

REGULAR WEEK AT A GLANCE

Fall & Winter 2023-2024

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oatmeal w/ Flax* Yogurt Whole Wheat Toast Banana <i>*Alternate available: Cold Cereal</i>	Cream of Wheat w/Flax* Cheddar Cheese Assorted Muffins <i>*Alternate available: Cold Cereal</i>	Oat Bran w/Flax* Scrambled Egg Whole Wheat Toast Oranges <i>*Alternate available: Cold Cereal</i>	Apple Cinn. Oatmeal w/ Flax* Boiled Egg Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Oat Bran/Flax* Yogurt Raisin Toast <i>*Alternate available: Cold Cereal</i>	Oatmeal w/ Flax* Breakfast Sausage Waffles w/Syrup Berries <i>*Alternate available: Cold Cereal</i>	Cream of Wheat w/Flax* Yogurt Cinnamon Bun <i>*Alternate available: Cold Cereal</i>
LUNCH	Corn Chowder Denver Scramble Tomato Salad Corn Meal Muffin Sliced Peaches	Chicken Rice Soup Chicken Tenders Garden Salad Tator Tots Plum Sauce Ice Cream Treats	Tomato Macaroni Soup Pork Dumplings Oriental Mixed Vegetable Chicken Fried Rice Apricots	Vegetable Chowder Bratwurst on a Bun Sauerkraut Tangerine Mousse	Baked Bean Soup Beef & Macaroni Casserole Coleslaw Ice Cream Sundae	Cream of Celery Soup Hot Turkey Sandwich Peas Cranberry Sauce Donut Holes	Vegetable Barley Soup Chicken Cacciatore Broccoli Rotini Baked Apple Slices
SUPPER	Beef Pot Pie Mixed Vegetables Mashed Potatoes Gravy Boston Cream Pie	Cheesy Ham & Rice Casserole Broccoli Sour Cream Coconut Cake	Ground Beef Stroganoff Peas & Pearl Onions Buttered Rotini Peach Pie	Cornflake Chicken Green Beans Mashed Potatoes Gravy Baked Cookie	Krunchie Perch Winter Mixed Vegetable Savory Diced Potatoes Tartar Sauce Danish	Honey Garlic Meatballs Buttered Carrots Mashed Potatoes Gravy Lemon Buttermilk Cake	Baked Ham Creamed Corn Scalloped Potatoes Bread Pudding
SNACK	AM Fluids Only PM Crunchie Bran Cookie HS Minced Turkey Salad Sandwich	AM Fluids Only PM Gelatin Cup HS Egg Salad Sandwich	AM Fluids Only PM Pear Fruit Cup HS Minced Ham Salad Sandwich	AM Fluids Only PM Chocolate Chip Cookie HS Cold Cereal & Milk	AM Fluids Only PM Lemon Merangue Pudding Cup HS Fresh Baked Muffin & Cheese	AM Fluids Only PM Turnover Cookie HS Minced Ham Salad Sandwich	AM Fluids Only PM Nutrigrain Bar HS Cheese & Crackers
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)							