

REGULAR WEEK AT A GLANCE

Fall & Winter 2023-2024

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Yogurt Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Apple Slices <i>*Alternate available: Cold Cereal</i>	Oatmeal w/ Flax* Scrambled Egg Whole Wheat Toast <i>*Alternate available: Cold Cereal</i>	Cream of Wheat w/Flax* Boiled Egg Whole Wheat Toast Banana <i>*Alternate available: Cold Cereal</i>	Oat Bran w/Flax* Yogurt Raisin Toast <i>*Alternate available: Cold Cereal</i>	Apple Cinn. Oatmeal w/Flax* Breakfast Sausage Waffles w/Syrup Berries <i>*Alternate available: Cold Cereal</i>	Cream of Wheat/Flax* Yogurt Cinnamon Bun <i>*Alternate available: Cold Cereal</i>
LUNCH	Corn Chowder Breakfast Sandwich (English Muffin, Egg Patty, Cheese) Tomato Slices Tropical Fruit Salad	Vegetable Barley Soup BBQ Pork Rib on a Bun Coleslaw Ice Cream Treats	Baked Bean Soup Beef & Macaroni Casserole Mixed Vegetables Diced Pears	Split Pea Soup Hot Roast Beef Sandwich Green Beans Horseradish Gravy Strawberry Cream Cheese Pastry	Tomato Macaroni Soup Egg or Tuna Salad on a Bun Cucumber & Onion Salad Ice Cream Sundae	Cream of Cauliflower Soup Ham Breakfast Potato Peas Peanut Butter Pudding Parfait	Hearty Vegetable Soup Chicken Salad Croissant Corn Salad Baked Apple Slices
SUPPER	Lasagna Mixed Vegetable Garlic Toast Caramel Vanilla Cake	Salisbury Steak Brown Sugar Turnip Mashed Potatoes Gravy Pineapple Upside Down Cake	Turkey Pot Pie Cauliflower w/ Cheese Sauce Buttered Rice Cherry Pie	Italian Sausage w/ Onions Buttered Cabbage Savory Diced Potatoes Gravy Bread Pudding	English Style Fish Crinkle Cut Carrots Mashed Potatoes Gravy Tartar Sauce Oreo Cheesecake	Chicken Strips Casear Salad Tator Tots Plum Sauce Apple Crisp	Maple Dijon Pork Loin Winter Squash Casserole Roasted Potatoes Gravy Butter Tart Square
SNACK	AM Fluids Only PM Vanilla Pudding HS Minced Ham Salad Sandwich	AM Fluids Only PM Mandarin Orange Cup HS Peanut Butter & Honey Sandwich	AM Fluids Only PM Nutrigrain Bar HS Minced Turkey Salad Sandwich	AM Fluids Only PM Shortbread Cookie HS Cold Cereal & Milk	AM Fluids Only PM Turnover Cookie HS Fresh Baked Muffin & Cheese	AM Fluids Only PM Gelatin Cup HS Peanut Butter & Honey Sandwich	AM Fluids Only PM Oreo Cookie HS Cheese & Crackers

Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)