



	Sun 08-07-2022	Mon 08-08-2022	Tue 08-09-2022	Wed 08-10-2022	Thu 08-11-2022	Fri 08-12-2022	Sat 08-13-2022
B R K	Denver Egg Scramble Fresh Fruit 100% Juice Whole Grain Toast	Best Apple Muffin Egg of Choice Fresh Fruit 100% Juice	Belgian Waffles Hash Browns Fresh Fruit 100% Juice	Cold Cereal Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Bacon and Egg Casserole Fresh Fruit 100% Juice Fresh Biscuits	French Toast Sticks Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Fresh Fruit 100% Juice Raisin Toast
L U N	Cream of Cauliflower Soup Chicken Melt Apple Slices Tossed Vegetable Salad Tapioca Pudding	Homestyle Vegetable Soup Seafood Alfredo Steamed Broccoli Parmesan Breadsticks Colorful Fruit Salad	Creamy Carrot Soup Roast Beef Sandwich Lemon Cream Salad Pickled Beets Cowboy Cookie	Garden Vegetable Soup Hungarian Pork over Rice Fruit Compote Chef's Steamed Vegetable Cinnamon Pull-Aparts	Cream of Tomato Soup Ham and Cheese Casserole Watermelon Salad Buttered Zucchini Fudge Crinkle	Vegetable Rice Soup Taco Salad Pineapple Chunks Mexican Rice French Vanilla Ice Cream	Creamed Spinach Soup Turkey Croissant Sandwich Peaches Marinated Green Bean Salad Raspberry Lemon Bars
D I N	Green Salad Pork Chops with Sour Cream Sauce Noodles Capri Blend Baked Roll Cheesecake with Fruit Topping	Green Salad Meatloaf Seasoned Mushroom Rice Peas and Onions Baked Roll Boston Cream Cake	Green Salad Rosemary Roasted Chicken Thigh Cornbread Dressing Parmesan Green Beans Baked Roll Peanut Butter Pie	Green Salad Honey Lemon Salmon Roasted Yams Herb Roasted Vegetables Baked Roll Mixed Berry Crisp	Green Salad Pot Roast and Potatoes Buttery Carrots Baked Roll Apple Snickers Salad	Green Salad Chicken Scampi Lemon Pasta Grilled Asparagus Baked Roll Brownies	Green Salad Midwest Pork Ribs Baked Beans Collard Greens Baked Roll Confetti Cake
Milk offered at every meal							Week 5

Dietitian's Signature: *Quinn Jagan RDN 4-10-2022*
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