

WEEKLY MENU 2/20/23-2/26/23

Week 1 – FALL/WINTER 2022-2023

	MONDAY	C	TUESDAY	C	WEDNESDAY	C	THURSDAY	C	FRIDAY	C	SATURDAY	C	SUNDAY	C
BREAKFAST	French Toast	3	Scrambled Eggs w/ Cheese	0	Waffles	1	Denver Scramble	1	Breakfast Casserole	0	Scrambled Eggs	0	Bacon Hash Brown Bake	0
	Hot Cereal	0	Hot Cereal	0	Hot Cereal	2	Hot Cereal	0	Hot Cereal	0	Hot Cereal	4	Hot Cereal	2
	Sausage Link	0	Hot Cereal Bacon	0 1	Scrambled Eggs	0	Wheat Toast		Hot Cereal Wheat Toast	2 2	Sausage Patty			

SOUP Soup of the week

LUNCH	Chicken Fettuccine Alfredo	2 0	Chili Con Carne Cornbread	2 1	Mac n Cheese w/ Peppers	2 1	Chicken Salad Sandwich on Wheat	2 1	Beef & Turkey Stroganoff	3 2	Lasagna	1 1	Pineapple Baked Ham	0 2
	Dinner Roll	1	Sliced Apple w/ Carmel Topping	0 1	Sausage Dinner Roll	0 0	Potato Chips	1	Buttered Noodles	3	Garlic Bread	1	Scalloped Potatoes	0
	Peas & Mushrooms	1			Jell-O	2	Fresh Fruit	1	Tossed Salad w/ Dressing		Tossed Salad	1	Green & Yellow Beans	1
	Fruit Cocktail								Spiced Pears		Vanilla & Chocolate Pudding Parfait		Ice Cream	

DINNER	Pork Loin w/ Gravy	1	Cranberry Chicken	1	Tater Tot Hot Dish	0 3	Pork Roast w/ Gravy	0	Chicken & Corn Casserole	0 0	French Toast	1 2	Individual Pepperoni Pizza	2
	Wild Rice Pilaf	2	Mashed Potatoes	1 1	Dinner Roll	1	Sweet Potatoes	1	Cranberry Almond Butternut Squash	1	Sausage	1 0	Tossed Salad w/ Dressing	1
	Corn	1	Roasted Carrots	2	Green Beans	1	Braised Brussel Sprouts	1	Wheat Bread		Fresh Fruit		Caramel Brownie	2
	Ice Cream	1	Pumpkin Cake		Ginger Cookie		Peach Crisp		Cheesecake Mousse					

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU 2/27/23-3/5/23

Week 2 – FALL/WINTER 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Blueberry French Toast	Western Scrambled Eggs	Waffles	Fried Egg	Denver Scramble	Sausage Patty	Egg & bacon Bake
	Scrambled Eggs	Hot Cereal	Hot Cereal	Hot Cereal	Apple Cinnamon Oatmeal	Pumpkin Pancakes	Hot Cereal
	Hot Cereal	Wheat Toast	Bacon	Breakfast Potatoes	Wheat Toast	Hot Cereal	Wheat Toast
SOUP	Soup of the week						
	Beef Stew	Ham Salad on Roll	Turkey Divan Casserole	Hot Roast Beef Sandwich	Sloppy Joe Sandwich	Tuna Melt Sandwich	Ham
	Biscuit	Tomato Wedge	Tossed Salad w/ Dressing	Roasted Carrots	Seasoned Potato Wedges	Peas	Mashed Sweet Potatoes
LUNCH	Grapes	Cantaloupe Wedges	Banana Chocolate Chip Bread	Mashed Redskin Potatoes	Pickle Spear	Potato Chips	Corn Casserole
		Frosted Pumpkin Bar		Bread Pudding	Rice Krispie Bar	Blonde Brownie	Strawberry Rhubarb
DINNER	Baked Dijon Chicken	Turkey Meatloaf	Sweet & Sour Chicken	Honey BBQ Pork Chops	Chicken Chow Mein	Tater Tot Casserole	Spaghetti & Meatballs
	Mashed Potatoes	Baked Potato	Rice	Parslied Noodles	Chow Mein Noodles	Sauteed Green Beans	Garlic Breadsticks
	Sauteed Broccoli w/ Garlic	Buttered Beets	Butternut Squash	Corn	Seasoned Rice	Blushing Pears	4-Way Vegetable Blend
	Peanut Butter Bar	Pear Cranberry Crumble	Apricot Halves	Pineapple Upside Down Cake	Fortune Cookie	Mandarin Oranges	Sliced Peaches

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU 3/6/23-3/12/23

Week 3 – FALL/WINTER 2022-2023

	MONDAY	CC	TUESDAY	CC	WEDNESDAY	CC	THURSDAY	CC	FRIDAY	CC	SATURDAY	CC	SUNDAY	CC
BREAKFAST	French Toast	3	Scrambled Eggs w/ Cheese	0	Pancakes	2	Denver Scrambled Eggs	0	Scrambled Eggs/ Cheese	0	Pancakes	3	Ham & Egg Bake	0
	Hot Cereal	1	Hot Cereal	1	Hot Cereal	0	Hot Cereal	1	Hot Cereal	1	Hot Cereal	1	Hot cereal	1
	Scrambled Eggs	0	Hot Cereal	1	Bacon		Hot Cereal	1	Hot Cereal	1	Sausage Patty	0	Toast	1
			Toast				Toast		Toast	1				

SOUP Soup of the Week

LUNCH	Shepherd's Pie	2	Turkey A La King	0	Seafood Pasta Salad	2	Turkey, Ham, & Cheese Sandwich	0	Beef Lasagna	2	Turkey & Broccoli Rice Casserole	2	Beef Pot Roast w/ Gravy	1
	Dinner Roll	2	Biscuit	2	Tomato Wedges	0	Pickle Spear	2	Broccoli	1	4-Way Vegetable Blend	1	Garlic Mashed Potatoes	1
	Autumn Fruit Salad	1	Peas	1	Rice Krispies Bar	3	Tossed Salad	1	Garlic Breadstick	2	Dinner Roll	2	Sauteed Green Beans	1
			Cheesecake	3			Ambrosia Salad	3	Cookie	3	Sliced Peaches	1	Boston Cream Pie Cake	3

DINNER	Baked Pork Chop w/ Onion Gravy	1	Beef Rigatoni	2	Chicken Tostito Casserole	2	Cranberry Meatballs	1	Parmesan Pollock	0	Baked Lemon Garlic Chicken	0	Grilled Turkey & Cheese Sandwich	2
	Baked Beans	2	Broccoli Cuts	1	Green Beans	1	Mashed Red Potatoes	1	Vegetable Rice Pilaf	2	Roasted Red Potatoes	2	Potato Chips	1
	Mashed Sweet Potato	1	Ice Cream	1	Dinner Roll	2	Carrots	1	Peas	1	Broccoli Cauliflower Blend	2	Pickle	1
						Sliced Pears	1	7 Layer Bar	3	Apple Crisp	2	Mandarin Oranges		
											Gelatin Salad			

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU 3/13/23-3/19/23

Week 4 – SS 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs 0	Fried Egg 0	Waffles 2	Southwest Breakfast Casserole 0	Scrambled Eggs W/ Cheese 0	Pumpkin Pancakes 2	Potato & Egg Breakfast Bake 0
	Banana Stuffed French Toast 3	Bacon 0	Scrambled Eggs 0	Hot Cereal 1	Hot Cereal 1	Hot Cereal 1	Toast 1
		Hot Cereal 1	Hot Cereal 1	Toast 2	Hot Cereal 2	Sausage Link 0	Hot Cereal 1
					Caramel Roll 2		
SOUP	Soup of the Week						
	Grilled Cheese & Tomato Sandwich 2	Chicken Pot Pie 2	Mac & Cheese 2	Egg Salad Sandwich 2	Beef Taco Casserole 0	Hot Pork Sandwiches 2	Roasted Turkey 0
	Steak Fries 1	Dinner Roll 2	Sausage 1	Tomato Wedge 1	Chips and Salsa 1	Fries 1	Bread Stuffing 1
	Tossed Salad 0	Butterscotch Pudding Parfait 1	Peas 1	Fresh Fruit 1	S'more Bar 0	Broccoli 0	Sweet Potato 1
Ice Cream 1		Peach Crisp 1			Apple Muffin 2	Cranberry Sauce 1	
						Pie 2	
DINNER	Tuna Casserole 1	Brats 0	Spaghetti Meat Sauce 1	Mustard Glazed Ham 1	Chicken 0	Meatloaf 2	Ham & Casserole 6
	Dinner Roll 1	Baked Beans 1	Green Beans 1	Mashed Potatoes 1	Parslied Potatoes 0	Garlic Mashed Potatoes 1	Butternut Squash 0
	Carrots 1	Potato Chips 1	Bread Stick 1	Beets 0	Tossed Salad 0	Cream Corn 2	Dinner Roll 1
	Brownies 2	Rice Krispies 1	Chocolate Cake 2	Applesauce 2	Ice Cream 1	Peaches 2	Fresh Fruit 1

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU 2/13/23-2/19/23

Week 5 – FALL/WINTER 2022-2023

	MONDAY	CC	TUESDAY	CC	WEDNESDAY	CC	THURSDAY	CC	FRIDAY	CC	SATURDAY	CC	SUNDAY	CC
BREAKFAST	Peach French Toast Bake	3	Scrambled Eggs w/ Cheese	0	Pancakes	2	Mushroom & Swiss Scramble	0	Scrambled Eggs w/Cheese	0	Pancakes	3	Ham & Egg Bake	0
	Hot Cereal	1	Hot Cereal	1	Hot Cereal	1	Hot Cereal	1	Hot Cereal	2	Hot Cereal	1	Hot Cereal	1
	Sausage Patty	0	Toast	1	Scrambled Eggs	0	Toast	1	Wheat Toast	0	Sausage Links	0	Cinnamon Roll	2
										1				

SOUP Soup of the Week

LUNCH	Grilled Chicken Breast Sandwich	2	Ham & Cheese Sandwich	2	Sloppy Joes	0	Turkey Burger	2	Chicken Taco Salad in Tortilla	1	Grilled Pork Sandwich w/ Cheese	2	Cheeseburger Casserole	0
	Baked Steak Fries	1	Sliced Pickled Beets	1	Pickles	1	Three Bean Salad	0	Mexican Corn	0	Fried Potato Wedges	1	Dinner Roll	1
	Green Beans	1	Chocolate Pudding	2	Coleslaw	2	Sliced Pears	1	Autumn Fruit Salad	1	Peas	1	S'more Bars	1
	Ice Cream	2			Cookie	3					Grapes	1		3

DINNER	Potato Crunch Fish	0	Beef Tomato Casserole	1	Chicken Broccoli Alfredo	2	Cranberry Glazed Pork	0	French Toast	0	Beef Stew	2	Brat	2
	Rice Pilaf	2	4-Way Vegetable Blend	1	Steamed Carrots	1	Brown Rice Pilaf	1	Sausage link	1	Biscuit	1	Baked Beans	1
	Peas & Mushrooms	1	Hot Cinnamon Apple Slices	1	Parfait Desert Bar	2	Roasted Brussels Sprouts	1	Fresh Fruit	1	Rhubarb Crisp	2	Fries	1
	Fresh Fruit	2					Chocolate Frosted Yellow Cake	3					fresh fruit	

CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates