

WEEKLY MENU

MONDAY, 7/17 CC TUESDAY, 7/18 CC WEDNESDAY, 7/19 CC THURSDAY, 7/20 CC FRIDAY, 7/21 CC SATURDAY, 7/22 CC SUNDAY, 7/23 CC

Breakfast

Scrambled Eggs w/ Cheese	1.5	French Toast	1.5	Pancakes	1.5	Denver Scrambled Eggs	1.5	Ham & Cheese Breakfast Casserole	1.5	Breakfast Casserole	1.5	Egg & Bacon Bake	1.5
Hot Cereal	2	Hot Cereal	0	Hot Cereal	3	Hot Cereal	.5	Hot Cereal	2	Hot Cereal	2	Hot Cereal	0
Sausage Patty	0	Bacon		Scrambled Eggs	0	Sausage Links	1	Hot Cereal	0	Hot Cereal	0	Quick Bread	2
Quick Bread		Toast	0	Quick Bread		Toast		Toast		Quick Bread			
		Quick Bread				Quick Bread		Quick Bread					

Soup

Chicken Wild Rice Soup		Chicken Wild Rice Soup		Chicken Wild Rice Soup		Chicken Wild Rice Soup		Chicken Wild Rice Soup		Chicken Wild Rice Soup		Chicken Wild Rice Soup	
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Lunch

Tuna Pasta Salad	2	Hamburger	2.5	Frech Dip Sandwich	1.5	Creamy Chicken Pasta Bake	1.5	Memphis Pulled Pork on Bun	3.5	Chili	2	Glazed Baked Ham	0
Tomato Wedge	1	French Fries		Cucumber	.5	Carrots		French Fries	2	Cornbread	1	Scalloped Potatoes	.5
Dinner Roll	.5	Coleslaw	2.5	Tomato & Corn Salad		Garlic Breadstick	1	Marinated Vegetable Salad	3	Apple Crisp	.5	Creamed Corn Pie	2.5
Fresh Fruit	1.5	Fresh Fruit	1.5	Potato Chips	1.5	Chilled Peaches	1	Fresh Fruit					
				Cake									

Dinner

Honey Glazed Chicken Thigh	.5	Roast Pork w/Gravy	.5	BBQ Chicken Thigh	.5	Beef & Broccoli Stir Fry	.5	Citrus Pollock	.5	Pizza	1	Grilled Turkey & Cheese	1.5
Cornbread	1	Mashed Red Potatoes	1	Baked Potato w/Sour Cream	.5	Rice	1.5	Wild Rice	0	Breadstick		Cream of Roasted Vegetable Soup	1
Brussel Sprouts		Broccoli	.5	Creamed Corn	1	Cake	3	Peas & Mushrooms	1.5	Salad w/ Dressing	1.5	Crackers	.5
Bread Pudding	1	Cheesecake	2.5	Fruited Gelatin				Blonde Brownie	0	Rice Pudding	.5	Chocolate Peanut Butter Bar	3
	3								1.5		2		

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

WEEKLY MENU

MONDAY, 7/24	TUESDAY, 7/26	WEDNESDAY, 7/27	THURSDAY, 7/28	FRIDAY, 7/29	SATURDAY, 7/30	SUNDAY, 7/31
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Breakfast

Western Scrambled Eggs	1.5	Banana Stuffed French Toast	1.5	Waffles	1.5	Fried Egg	1.5	Southwest Breakfast Casserole	1.5	Pancakes	1.5	Egg & Potato Bake	1.5
Hot Cereal	0	Hot Cereal	0	Hot Cereal	3	Hot Cereal	0	Hot Cereal	2	Hot Cereal	3	Hot Cereal	0
Bacon	0	Hot Cereal	0	Scrambled Eggs	0	Breakfast Potatoes	0	Breakfast Casserole	2	Sausage Links	0	Hot Cereal	0
Quick Bread	0	Toast	0	Quick Bread	0	Quick Bread	1	Hot Cereal	2	Quick Bread	0	Toast	0
		Quick Bread	0			Toast	1	Toast	2			Quick Bread	2
						Quick Bread		Quick Bread					

Soup

Chicken Wild Rice Soup	Chicken Wild Rice Soup	Chicken Wild Rice Soup	Chicken Wild Rice Soup	Chicken Wild Rice Soup	Chicken Wild Rice Soup	Chicken Wild Rice Soup
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Lunch

Coney Island Hot Dog	2	Sloppy Joe Sandwich	2	Cheeseburger	2.5	Baked Chicken Thigh	1.5	Chicken Salad Sandwich	2	Chicken & Rice Casserole	1.5	Roast Turkey	0
Potato Salad	1.5	Tater Tots	1	Pasta Salad	.5	Mashed Potatoes	.5	Fries	1	Peas	1	Mashed Sweet Potatoes	1.5
Pickle	0	Peas	0	Potato Chips	2	Salad w/ Dressing	0	Cucumber & Onion Salad	1	Fresh Fruit	1	Creamed Corn	1
Fruited Gelatin	2.5	Lemon Bar	2	Fresh Fruit	2	Cake	2	Applesauce	0			Boston Cream Pie	2.5
												Cake	

Dinner

Chicken Tenders	0	Beef Stroganoff	1	Hot Beef Sandwich	1.5	BBQ Pork	1	Parmesan Baked Fish	2.5	Montreal Beef Roast	.5	Grilled Ham & Cheese Sandwich	2.5
Fries	1	Noodles	0	Mashed Red Potatoes	1.5	Baked Beans	2	Roasted Rosemary Potatoes	0	Garlic Mashed Potatoes	1.5	Dill Potato Salad	.5
Coleslaw	1	Salad w/ Dressing	.5	Creamed Corn	1	Broccoli	1	Braised Brussel Sprouts	.5	Green Beans	.5	Tomato Wedge	0
Cake	2	Fresh Fruit	1	Rhubarb Crisp	2.5	Cornbread	3.5	Caramel Bread Pudding	1.5	Strawberry Angel Food Cake	2	Fresh Fruit	1.5
						Fresh Fruit							

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WEEKLY MENU

MONDAY, 8/1	CC	TUESDAY, 8/2	CC	WEDNESDAY, 8/3	CC	THURSDAY, 8/4	CC	FRIDAY, 8/5	CC	SATURDAY, 8/6	CC	SUNDAY, 8/7	CC
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Breakfast

Scrambled Eggs with Cheese	1.5	French Toast	1.5	Pancakes	1.5	Denver Scrambled Eggs	1.5	Scrambled Eggs	1.5	Pancakes	1.5	Egg & Ham Bake	1.5
Hot Cereal	2	Hot Cereal	0	Hot Cereal	3	Hot Cereal	.5	Hot Cereal	2	Hot Cereal	2	Hot Cereal	0
Sausage Patty	0	Scrambled Eggs		Scrambled Eggs	0	Hot Cereal		Hash Browns		Bacon	0	Toast	
Quick Bread		Quick Bread	0	Quick Bread		Toast	1	Toast	0	Quick Bread		Quick Bread	0
						Quick Bread		Quick Bread					2

Soup

Chicken & Wild Rice		Chicken & Wild Rice		Chicken & Wild Rice		Chicken & Wild Rice		Chicken & Wild Rice		Chicken & Wild Rice		Chicken & Wild Rice	
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Lunch

BBQ Shredded Beef on Bun	2	Pulled Pork Tacos	1	Chicken Thigh w/Lemon & Garlic	0	Sloppy Joes	2	Egg Salad	2	Chicken Salad on Bun	2	Tuscan Roast Beef	.5
Coleslaw	0	Black Bean Salsa	1	Cauliflower & Broccoli	.5	Pasta Salad	1	Potato Chips	.5	Tomato Wedge	1	Mashed Potatoes & Cream Gravy	1
Chocolate Ice Cream	.5	Spanish Rice	2	Breadstick	1	Cucumber Onion Salad	0	Grapes	1	Potato Chips		Creamed Corn	
	2	Fruited Gelatin	2	Butter scotch Pudding	3			Apple Muffin	2	Bread Pudding	.5	Strawberry Rhubarb Pie	2.5

Dinner

Chicken & Penne Pasta	1	Beef Tips in Gravy	.5	Roast Pork w/Gravy	.5	Summer Beef Stew	.5	Mustard Glazed Ham	.5	French Toast	.5	Bratwurst w/Caramelized Onion	1
Tossed Salad w/Dressing	0	Egg Noodles	1.5	Mashed Red Potatoes	1.5	Biscuit	1.5	AuGratin Potato	1.	Sausage	0	Coleslaw	.5
Fresh Fruit	1	Creamed Corn	1.5	Peas	0	Peach Crisp	2	Brussel Sprouts	5	Fresh Fruit	1.5	Assorted Fruit	2.5
		Vanilla Ice Cream	3	Watermelon	1.5			Frosted Chocolate Cake	2				

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WEEKLY MENU

MONDAY, 7/3	CC	TUESDAY, 7/4	CC	WEDNESDAY, 7/5	CC	THURSDAY, 7/6	CC	FRIDAY, 7/7	CC	SATURDAY, 7/8	CC	SUNDAY, 7/9	CC
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Breakfast

Blueberry French Toast	1.5	Scrambled Eggs	1.5	Waffles	1.5	Scrambled Eggs	1.5	Scrambled Eggs w/ Cheese	1.5	Strawberry Pancakes	1.5	Egg & Potato Bake	1.5
Hot Cereal	2	Hot Cereal	0	Hot Cereal	3	Hot Cereal	0	Hot Cereal	2	Hot Cereal	3	Hot Cereal	0
Scrambled Eggs	0	Wheat Toast		Scrambled Eggs	0	Breakfast Potatoes	0	Caramel Roll	2	Sausage Links	0	Toast	0
Quick Bread		Quick Bread	0	Quick Bread		Quick Bread	1	Quick Bread		Quick Bread		Quick Bread	2

Soup

Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice	
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Lunch

Chicken Salad Sandwich	2	Fish Sandwich	3	Chicken Pasta Salad w/ Grapes	2	Hot Dog	2	Tater Tot Hot Dish	.5	Hot Pork Sandwich	2	Oven Fried Chicken	0
Tomato Wedge	.5	Coleslaw	0	Dinner Roll	1	Macaroni Salad		Dinner Roll	1.5	Coleslaw	.5	BBQ Beans	
Potato Chips	0	Cantaloupe Wedges	1	Chocolate Frosted Cake	1.5	Peas	1.5	Green Beans	3	Mandarin Oranges	1.5	Peas & Mushrooms	1.5
Fresh Fruit	3.5		.5			Fresh Fruit	1	Cake				Peach Cobbler	1
							1.5						3

Dinner

Chili	1.5	Beef Pepper Steak	.5	Pork Chop w/ Honey Mustard Sauce	.5	Spaghetti & Meat Sauce	2	French Toast	0	Beef Taco Casserole	2	Pepperoni Pizza	5.5
Cornbread		Garlic Mashed Potatoes & Gravy	1.5	Cheesy Hashbrowns	1	Garlic Bread	0	Sausage	0	Mexican Corn Dinner Roll	1	Caesar Salad	0
4 Way Vegetable Blend	1	Honey Glazed Carrots	1	Green Bean Cheese Bake	.5	Tossed Salad w/ Dressing	0	Fresh Fruit	1	Ice Cream	2	Fresh Fruit	1.5
Chocolate Pudding with Topping	2	Cheesecake	3	Sliced Peaches	2	Yorktown Brownie	1		1.5		1.5		

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WEEKLY MENU

MONDAY, 7/10	CC	TUESDAY, 7/11	CC	WEDNESDAY, 7/12	CC	THURSDAY, 7/13	CC	FRIDAY, 7/14	CC	SATURDAY, 7/15	CC	SUNDAY, 7/16	CC
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Breakfast

Scrambled Eggs w/ Cheese	1.5	French Toast	1.5	Waffles	1.5	Mushroom & Swiss Egg Scramble	1.5	Scrambled Eggs	1.5	Pancakes	1.5	Egg & Ham Bake	1.5
Hot Cereal	2	Hot Cereal	0	Hot Cereal	3	Hot Cereal	.5	Hot Cereal	2	Hot Cereal	2	Hot Cereal	0
Sausage Patty	0	Bacon		Scrambled Eggs	0	Hot Cereal	1	Bacon		Sausage Links	0	Cinnamon Roll	
Quick Bread		Quick Bread	0	Quick Bread		Hot Cereal		Toast	0	Quick Bread		Quick Bread	0
						Toast		Quick Bread					2
						Quick Bread							

Soup

Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice		Chicken Wild Rice	
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Lunch

Pasta Charmaine w/ Italian Sausage	2.5	Chicken Mandarin Orange Salad	1.5	French Dip Sandwich	2.5	Grilled Bratwurst on Bun	2	Kielbasa Mac N Cheese	.5	Hot Beef Sandwich	1.5	Rosemary Chicken Thigh w/ Mushrooms	0
Cauliflower	1	Dinner Roll	1	Steak Fries	.5	Boiled Red Potatoes	0	Peas	1	Lyonnais	1.5	Garlic Mashed Potatoes & Gravy	1.5
Garlic Bread	1	Chocolate Ice Cream	2	Marinated Vegetable Salad	0	Baked Beans	1	Carrot Cake w/ Frosting	1	Green & Yellow Beans	.5	Roasted Carrots	.5
Muffins				Banana Pudding	1.5	Fruited Gelatin	1.5		2	Brownies	1	Dutch Apple Pie	2.5

Dinner

Potato Crunch Fish	0	Ham & Scalloped Potatoes	2	Chicken Teriyaki w/ Broccoli & Carrots	1	Soft Shell Beef Tacos	1	Honey BBQ Pork Chop	1	French Toast	1	Egg Salad Sandwich	2
Mashed Potatoes	1.5	Creamed Corn	.5	White Rice	1.5	Spanish Rice	1	Roasted Red Potatoes	1.5	Sausage	0	Dill Potato Salad	1
Carrots	1	Fresh Fruit	1.5	Fruit Salad	2	Mexican Corn	1.5	Squash	0	Fresh Fruit	1.5	Cucumber & Onion Salad	.5
Ice Cream	1.5					Churros		Fresh Fruit	2.5			Fresh Fruit	1.5

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