



	Sun 12-27-2020	Mon 12-28-2020	Tue 12-29-2020	Wed 12-30-2020	Thu 12-31-2020	Fri 01-01-2021	Sat 01-02-2021
B R K	1 - Oatmeal Raisin Muffin 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Perfect Pancakes 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Scrambled Egg 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	2 - Cinnamon French Toast 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Potato Omelet Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N	3 oz Glazed Meatloaf 1/2 c Sweet Potato Souffle 1/2 c Sautéed Spinach 1 - Baked Roll 1/2 c Ice Cream	1-1/2 c Vermont Chicken Salad 1/2 c Roasted Yukon Potatoes 1 c Garden Green Salad 1 - Baked Roll 3"x 2" pc White Poke Cake	3 oz Tangy Pork Roast 1/2 c Garlic Pasta 1/2 c Beets with Orange Sauce 1 - Baked Roll 1/2 c Pear Cobbler	3 oz Classic Pot Roast and Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Maple Bread Pudding	3 oz Grilled Chicken <i>or</i> 1 c Pork Alfredo 1/2 c Herb Couscous 1/2 c Mixed Vegetables 1 - Baked Roll 1 slice Fresh Banana Cream Pie	1 - Stuffed Green Peppers 1/2 c Parmesan Pasta 1/2 c Southern Turnip Greens 1 - Baked Roll 1 - Soft Oatmeal Cookies	1 Pc 3" Lasagna 1/2 c Vegetable Medley 1 slice Garlic Bread 3"x 2" pc Autumn Spice Cake
D I N	1 slice Bacon Tomato Quiche 1/2 c Mandarin Oranges 1/2 c Grilled Mixed Vegetables 1 - Crusty Cheese Bread	1 - Ranch Burger 1/2 c Tangy Fruit Salad 1 c Pickle Relish Plate 3 oz Steak Fries	1 - Chicken Enchiladas 1/2 c Pineapple Chunks 1 c Green Salad 1 - Herb Pull Apart Roll	1 - Baked Deli Sandwich 1/2 c Grapes 1/2 c Steamed Broccoli 1 oz Garlic French Bread	1 c Autumn Ham Soup 1/2 c Lime Jello with Fruit Cocktail 1/2 c Green Beans 1 oz Chips 1 c Beverage Choice 1/2 c Jello Waldorf Salad	1 - Meat Lover's Pizza 1/2 c Ambrosia 1 c Caesar Salad 1 - 30 Minute Breadsticks	1 - Cheese Chili Bake 1/2 c Fruit Yogurt Parfait 1 c Green Salad 1 oz Crackers
	Milk offered at every meal						
	Week 2						

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Dietitian's Signature: *Diana Jago RDN 610128*
11-23-2020



	Sun 12-20-2020	Mon 12-21-2020	Tue 12-22-2020	Wed 12-23-2020	Thu 12-24-2020	Fri 12-25-2020	Sat 12-26-2020
B R K	1 c Egg Sausage Casserole 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Lemon Poppy Seed Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Texas French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Sausage Country Gravy and Biscuits 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Pancakes 1/2 c Fresh Fruit 1/2 c 100% Juice 1 c Hot Chocolate	1 - Homestyle Waffles 1 - Sausage Link 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N	3 oz Beef Roast 1/2 c Fresh Cooked Yams 1/2 c Roasted Cabbage and Carrots 1 - Baked Roll 1/2 c Pumpkin Pecan Cobbler	3 oz Meatloaf 1/2 c Fresh Mashed Potatoes 1/2 c Cauliflower with Hollandaise Sauce 1 - Baked Roll Pc 2" Chocolate Love Cake	1 c Sausage and Peppers 1/2 c Seasoned Potatoes 1/2 c Brussels Sprouts 1 - Baked Roll 1/2 c Apple Crumble	3 oz Cranberry Glazed Ham 1/2 c Baked Macaroni Cheese 1/2 c Herb Roasted Vegetables 1 - Baked Roll 1 slice Lemon Meringue Pie	3 oz Sour Cream Beef Patty 1/2 c Garlic Pasta 1/2 c Peas and Carrots	3 oz Chicken Almondine 1/2 c Rice Pilaf 1/2 c Seasoned Broccoli 1/2 c Ice Cream	3 oz St. Louis BBQ Pork Ribs <i>or</i> 3 oz Seasoned Meatballs with Gravy 1/2 c Baked Beans 1/2 c Herbed Corn 1 - Baked Roll 3"x 2" pc Double Chocolate Crumble
D I N	1 c Baked Chicken Tenders and Fries 1/2 c Apple Slices 2/3 c Garden Pasta Salad 1 - Baked Parmesan Roll	1 - Tuna Melts 1/2 c Mandarin Oranges 1/2 c Cucumber Slaw 1 oz Chips	1 c Blue Ribbon Chili 1/2 c Pears 1/2 c Colorful Corn Salad 1 slice Skillet Cornbread	1 - Shredded Pork on a Bun 1/2 c Assorted Fruit 1/2 c Southern Coleslaw 3 oz French Fries	1 - California Chicken Club Sandwich 1/2 c Strawberry Jello 1/2 c Green Beans 1 oz Crackers	2 c Classic Taco Salad 1/2 c Fresh Fruit 1 c Mixed Green Salad	1 c Chicken Vegetable Soup 1/2 - Banana 1/2 c Marinated Green Bean Salad 1 oz Crackers
Milk offered at every meal							Week 1

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Dietitian's Signature: *Riana Figueroa RDN 610128*
11-23-2020



	Sun 11-29-2020	Mon 11-30-2020	Tue 12-01-2020	Wed 12-02-2020	Thu 12-03-2020	Fri 12-04-2020	Sat 12-05-2020
B R K	2 - Buttermilk Pancakes 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Fried Egg 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1/2 - English Muffin	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Cinnamon Belgian Waffles 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Blueberry Muffin 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N	3 oz Oven Pot Roast 1/2 c Roasted Yams 1/2 c Seasoned Cauliflower 1 - Baked Roll 1 slice Peach Crumble Pie	3 oz Italian Crusted Chicken 1/2 c Roma Fettuccine 1 c Garden Green Salad 1 - Baked Roll 1/2 c Ice Cream	1 c Beef and Noodles 1/2 c Classic Mashed Potatoes 1/2 c Green Beans 1 - Baked Roll Pc 2" Chocolate Chip Cake	1 slice Quiche Florentine 1/2 c Sweet Yams 1/2 c Greens 1 - Baked Roll 1/2 c Apple Crisp	3 oz Hamburger Steak and Onions 1 - Baked Potato 1/2 c Sautéed Mushrooms 1 - Baked Roll 1/2 c Pumpkin Pudding	3 oz Sour Cream Cheddar Baked Fish 1/2 c Fried Potatoes and Onions 1/2 c Sweet Slaw 1 - Baked Roll 3"x 2" pc Vanilla Sponge Cake	1 - Hamburger 'N Fixin's 1/2 c Baked Sweet Potato Wedges 1/2 c Brussels Sprouts with Lemon Sauce 1 - Baked Roll 1/2 c Berry Buckle Cake
D I N	1 c Rosemary Pork Stew 1/2 c Fruit Cocktail Salad 1/2 c Beet Salad 1 - Whole Grain Bread	1 - Loose Beef Sandwich 1 - Orange Slices 1/2 c Chickpea Tomato Salad 1 - Garlic Breadsticks	3 oz BBQ Chicken Quarters 1/2 c Applesauce 1/3 - Corn on the Cob	1 - Chef's Beef & Cheese Sliders 1/2 c Assorted Fruit 1/2 c Tossed Vegetable Salad 1 slice Mozzarella Garlic Bread	1 c Kielbasa and Kraut 1/2 c Peaches 1/2 c Green Beans 10 - Tater Tots	1 c Broccoli Cheese Casserole 1/2 c Pears 1 c Mixed Green Tomato Cucumber Salad 1 - Crusty Garlic Bread	1 c Classic Chicken Noodle Soup 1/2 c Perfect Pineapple Salad 1/2 c Capri Blend 1 - Baked Tortilla Chips
Milk offered at every meal							Week 3

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Dietitian's Signature: *Qiana J. Agu RDN 610128*
11-23-2020



	Sun 12-06-2020	Mon 12-07-2020	Tue 12-08-2020	Wed 12-09-2020	Thu 12-10-2020	Fri 12-11-2020	Sat 12-12-2020
B R K	1 - Scrambled Egg 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Fluffy Pancakes 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 - Banana 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Best Apple Muffins 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Brown Sugar French Toast 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Hot Cereal 1 - Egg of Choice 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Cinnamon Toast	1 oz Cold Cereal 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits
L U N	3 oz Spanish Meatballs 1/2 c Garlic Mashed Potatoes 1/2 c Sautéed Carrots 1 - Baked Roll 1/2 c Ice Cream	3 oz Chicken Thigh Bake 1/2 c Sour Cream Potato Bake 1/2 c Roasted Broccoli with Lemon 1 - Baked Roll 1/2 c Fruit Cup	3 oz Savory Pork Roast <i>or</i> 3 oz Swiss Steak and Tomatoes 1/2 c Fresh Cooked Yams 1/2 c Baked Acorn Squash 1 - Baked Roll 3"x 2" pc Carrot Cake	3 oz Turkey Roast with Stuffing 1/2 c Garlic Pasta 1/2 c Mixed Vegetables 1 - Baked Roll 1 - Soft Chocolate Chip Cookie	3 oz Breaded Pork Cutlet with Brown Gravy 1/2 c Parmesan Potatoes 1/2 c Yellow Squash 1 - Baked Roll 1/2 c Ice Cream	3 oz Tilapia Fillet with Lemon Sauce 1/2 c Seasoned Fried Potatoes 1/2 c Seasoned Cabbage 1 - Baked Roll 3"x 2" pc Lemon Cream Cake	3 oz Mozzarella Meatloaf 1/2 c Assorted Fruit 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 1/2 c Assorted Fruit
D I N	1 c Ham and Potato Casserole 1/2 c Soft Fall Fruit Salad 1/2 c Green Beans with Bacon 1 oz Chips	1/2 - Roast Beef Club Sandwich 1/2 c Fresh Fruit with Lemon Dip 1 c Romaine Salad 1 oz Garlic French Bread	1 - Spinach Pizza 1/2 c Fruited Jello Salad 1/2 c California Blend 1 - Fresh Biscuit	1 c Tuna and Noodles 1/2 c Pears 1/2 c Tomato Wedges 1/2 c Vegetable Pasta Salad	1 - Turkey Salad Combo Platter 1/2 c Peach Salad 1/2 c Steamed Broccoli 1 - Baked Roll	1 - Chicken Bacon Wrap 1/2 c Apple Slices 1/2 c Corn Pepper Salad	1 - All Beef Hot Dog 1/2 c Citrus Fruit Salad 1 c Green Salad 1 - Spring Egg Roll 1/2 c Ice Cream
	Milk offered at every meal						Week 4

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Dietitian's Signature: *Diane Jager RDN 610128*
11-23-2020



	Sun 12-13-2020	Mon 12-14-2020	Tue 12-15-2020	Wed 12-16-2020	Thu 12-17-2020	Fri 12-18-2020	Sat 12-19-2020
B R K	1 oz Cold Cereal 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Blueberry Pancakes 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Pumpkin Spice Muffins 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Apple Cinnamon Baked French Toast 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Breakfast Burrito 1/2 c Yogurt 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Homestyle Pancakes 1 - Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N	1 c Chicken and Broccoli Stuffing 1/2 c Parmesan Pasta 1/2 c Country Trio Medley 1 - Baked Roll 1 slice Cherry Pie	3 oz Roasted Rosemary Pork 1/2 c Glazed Sweet Potatoes 1/2 c Green Beans Almondine 1 - Baked Roll 1/2 c Ice Cream	10 oz Beef Stroganoff 1/2 c Roasted Carrots 1 - Baked Roll 3"x 2" pc Peanut Butter Brownie	3 oz Herb Roasted Turkey 1/2 c Homestyle Stuffing 1/2 c Honey Butternut Squash 1 - Baked Roll 1/2 c Fruit Cup	3 oz Chicken Riviera 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley 1 - Baked Roll 1/2 c Fruit Yogurt Parfait	3 oz Honey Glazed Meatballs <i>or</i> 3 oz Grilled Shrimp 1/2 c Fried Rice 1/2 c Broccoli 1 - Baked Roll 3"x 2" pc Spiced Pear Cake	3 oz Bacon Roasted Chicken Breast 3 oz Steamed Red Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Bourbon Street Banana Crisp
D I N	1 - Grilled Cheese and Apple Sandwich 1/2 c Fruit Compote 2/3 c Fresh Tomato Soup	3 oz Fish and Chips 1 - Orange Slices 1/2 c Creamy Coleslaw 1/2 c Vegetable Pasta Salad	1 c Chicken and Biscuits 1/2 c Raspberry Jello Salad 1/2 c Mixed Vegetables 1 - 30 Minute Breadsticks	1 - Swiss Burger 1/2 c Assorted Fruit 1/2 c Greek Pasta Salad 3 - Onion Rings	1 c Turkey Tetrizzini 1/2 c Creamy Cranberry Salad 1/2 c Sautéed Yellow Squash 1 slice Garlic Bread	1 c Navy Bean Soup 1/2 c Peaches 1 c Apple Bacon Salad 1 - Baked Roll	1 slice Homestyle Cheese Pizza 1/2 c Fresh Fruit Salad 1/2 c Roasted Brussels Sprouts 1 - Garlic Breadsticks
	Milk offered at every meal						
	Week 5						

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11-23-2020