



	Sun 07-28-2019	Mon 07-29-2019	Tue 07-30-2019	Wed 07-31-2019	Thu 08-01-2019	Fri 08-02-2019	Sat 08-03-2019
B R K	Fluffy Pancakes Egg of Choice <i>and</i> Sausage Link Fresh Fruit 100% Juice	Hot Cereal Egg of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast	Doughnut Egg of Choice Sausage Link Fresh Fruit 100% Juice	French Toast Egg of Choice Bacon Fresh Fruit 100% Juice	Ham and Cheese Frittata Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Country Potatoes Fresh Fruit 100% Juice English Muffin	Belgian Waffle Egg of Choice <i>and</i> Bacon Fresh Fruit 100% Juice
L U N	Creamy Vegetable Soup Beef Patty/BBQ Sauce Favorite Baked Beans Chef's Sautéed Vegetable Boston Cream Pie	Soup Du Jour Baked Tilapia/Dill Sauce <i>or</i> Chicken Salad Sandwich Baked Yams Capri Blend Banana Sheet Cake	Basil Chicken Soup Seasoned Meatballs/Gravy <i>or</i> California BLT Sandwich Fresh Mashed Potatoes Parsley Carrots Mississippi Mud Cake	French Onion Soup Pork Roast/Gravy <i>or</i> Beef Patty Melt Crescent Mac and Cheese Cups Sautéed Yellow Squash Fruit Crisp	Soup Du Jour Hamburger Steak/Onions <i>or</i> Deli Sandwich Red Potatoes Mixed Vegetables Bread Pudding/Vanilla Sauce	Beef Bacon Chowder Cod Fillet <i>or</i> Chicken Stir-Fry Parsley Rice Steamed Broccoli Frozen Sherbet Dessert	Minestrone Soup Lemon Oregano Turkey Bacon Wrapped Pork Tenderloin Roasted Rosemary Potatoes Seasoned Peas Mandarin Orange Cake
D I N	Creamy Vegetable Soup Turkey A La King Roasted Summer Squash Noodles Ice Cream	Soup Du Jour Three Cheese Ravioli Bacon Peas Garlic Bread Apple Brownies	Basil Chicken Soup Black Bean Ham on Rice Mixed Vegetables Fresh Cornbread Peanut Butter Cookie	French Onion Soup Spaghetti/Marinara Meat Sauce Green Beans Italian Mozzarella Garlic Bread Tapioca Pudding	Soup Du Jour Bratwurst and Sauerkraut Corn O'Brien Roasted Yams Coconut Cream Pie	Lentil Soup Beef Stew Provencal Cucumber Tomato Salad Baked Roll Chocolate Oreo Poke Cake	Minestrone Soup Sour Cream Chicken Enchilada Seasoned Zucchini Refried Beans Creamy Lime Squares
Milk offered at every meal							Week 1

Dietitian's Signature: *Diana Jagan* 6-24-2019
RDN # 616128