



	Sun 12-31-2023	Mon 01-01-2024	Tue 01-02-2024	Wed 01-03-2024	Thu 01-04-2024	Fri 01-05-2024	Sat 01-06-2024
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	2 - Mozzarella Mini Pizzas 1 c Garden Green Salad	1 - Chili Coney Dog 1/2 c Potato Salad	3 oz Baked Ham 1/2 c Sweet Yams 1/2 c Oven Roasted Cauliflower	1 c Chicken and Broccoli Casserole 1/2 c Mixed Vegetables	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Mixed Vegetables	1 c Chicken Alfredo Bake 1/2 c Vegetable Medley 1 - Breadstick	1 c Beef Chili 1 - Baked Potato
<b>D I N N E R</b>	1 c Classic Chicken Noodle Soup 1/2 c Assorted Fruit 1 - Bread	1/2 c Egg Salad 1/2 c Pear Fruit Compote 1/2 c Italian Pasta Salad	1/2 - Meatball Sub 1/2 c Vegetable Pasta Salad	1 c Beef Goulash 1/2 c Assorted Fruit 1 - Baked Roll	1 - Classic Turkey Sandwich 1 - Fruit Cup 1/2 c BLT Pasta Salad	2 - Ham and Cheese Roll Ups 1 c Broccoli Cheese Soup 1/2 c Assorted Fruit	1 - Tuna Sandwich 2/3 c Tomato Soup
	Milk offered at every meal						Week 3

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	Sun 01-07-2024	Mon 01-08-2024	Tue 01-09-2024	Wed 01-10-2024	Thu 01-11-2024	Fri 01-12-2024	Sat 01-13-2024
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	1 - English Muffin Cheese Pizzas 1 c Garden Green Salad	1 c Stuffed Shells 1 c Garden Green Salad	3 oz Baked Ham 1/2 c Scalloped Potatoes 1/2 c Baked Squash	3 oz Bacon Ranch Chicken 1/2 c Red Potatoes 1/4 c Cranberry Sauce	3 oz Country Fried Steak with Gravy 1/2 c Red Potatoes 1/2 c Vegetable Medley	3 oz Herb Crusted Turkey 1/2 c Garlic Mashed Potatoes 1/4 c Cranberry Sauce 1/2 c Vegetable Medley	Pc 3" Classic Lasagna 1 c Bacon Lettuce Salad 1 oz Garlic Bread
<b>D I N N E R</b>	1 - Classic Turkey Sandwich 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 c Beef Rice Soup 1/2 c Assorted Fruit 1 - Bread	1 - Sloppy Joes 1/2 c Assorted Fruit 1 oz Chips	1 c Classic Beef Stew 1/2 c Peach Fruit Cup 1 - Baked Roll	1 - Grilled Fish Sandwich 1/2 c Coleslaw 1 oz Chips	1 c Basic Ham and Bean Soup 1/2 c Fruit 1 - Bread	1 c Beef Stroganoff 1 - Fruit Cup 1 - Bread
	Milk offered at every meal						Week 4

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	Sun 01-14-2024	Mon 01-15-2024	Tue 01-16-2024	Wed 01-17-2024	Thu 01-18-2024	Fri 01-19-2024	Sat 01-20-2024
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	1 c Taco Cornbread Casserole 1/2 c Applesauce	3 oz Rosemary Roasted Turkey 1/2 c Homestyle Stuffing 1/2 c Roasted Carrots	1 c Kielbasa with Peppers 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Citrus Glazed Ham 1/2 c Scalloped Potatoes 1/2 c Steamed Broccoli	1 c American Chop Suey 1/2 c Brown Rice	3 oz Melt In Your Mouth Chicken 1/2 c Baked Beans 1/2 c Normandy Blend	1 - Beef Taco 1/2 c Brown Rice
<b>D I N N E R</b>	1 c Chicken and Noodles 1/2 c Peach Fruit Cup	1 c Beef Chili 1/2 c Jello Salad 1 - Baked Roll	1 c Cheese Ravioli with Pasta Sauce 1 oz Garlic Bread	1 c Potato Soup 1 c Green Salad 1 - Baked Roll	1/2 - Meatball Sub 1/2 c Cottage Cheese 1/2 c Fruit	1 - Open Face Hot Turkey Sandwich 1/2 c Assorted Fruit	1 - Open Faced Meatloaf Sandwich 1/2 c Fruit
	Milk offered at every meal						Week 1

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	Sun 01-21-2024	Mon 01-22-2024	Tue 01-23-2024	Wed 01-24-2024	Thu 01-25-2024	Fri 01-26-2024	Sat 01-27-2024
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	1 slice Crazy Crust Pizza 1 c Garden Green Salad	2 oz Chicken Nuggets 3 oz French Fries 1/2 c Coleslaw	Pc 3" Lasagna 1 oz Garlic Bread	3 oz Hawaiian Baked Chicken 1/2 c Brown Rice 1/2 c Mixed Vegetables	3 oz Hamburger Steak and Onions 1/2 c Classic Mashed Potatoes 1/2 c Creamed Corn	1 - Beer Braised Sausage and Sauerkraut 1/2 c Broccoli with Cheese Sauce	1 c Beef Chili 1 - Baked Potato 1 c Garden Green Salad 1 - Garlic Breadsticks
<b>D I N N E R</b>	1 c Beef Goulash 1/2 c Assorted Fruit 1 - Bread	1 c Classic Chicken Noodle Soup 1 - Bologna Sandwich 1/2 c Fruit Cup	1 - Grilled Fish Sandwich 1 - Fruit Cup 1 oz Chips	1 - Hot Turkey Sandwich with Gravy 1/2 c Mandarin Oranges	1 c Beef and Vegetable Soup 1/2 c Assorted Fruit 1 - Bread	1 c Pork Stir-Fry over Rice 1 - Spring Egg Roll	1 - Chipped Ham Sandwich 2/3 c Garden Pasta Salad
	Milk offered at every meal						Week 2

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	Sun 01-28-2024	Mon 01-29-2024	Tue 01-30-2024	Wed 01-31-2024	Thu 02-01-2024	Fri 02-02-2024	Sat 02-03-2024
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	1 slice Crazy Crust Pizza	3 oz Garlic Herb Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	1 - Hot Dog 1/2 c Baked Beans 1/2 c BLT Pasta Salad	3 oz Baked Ham 1 - Baked Potato 1/2 c Baked Squash	3 oz Salmon Patty 1/2 c Roasted Red Potatoes 1/2 c Peas	3 oz Cube Steak Parmesan 1/2 c Spaghetti with Marinara 1/2 c Green Beans	1 c Garlic Chicken Fried Rice 1 - Spring Egg Roll
<b>D I N E R</b>	1 c Baked Spaghetti 1 oz Garlic Bread	1 c Hamburger Soup 1 - Baked Roll	1/2 c Chicken Salad 1/2 c Citrus Fruit Salad 1 oz Crackers	1 - Bologna Sandwich 1/2 c Assorted Fruit 2/3 c Broccoli Cheese Soup	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 1 oz Chips	2 - Ham and Cheese Roll Ups 1/2 c Assorted Fruit 1/2 c Pasta Salad	1/2 c Egg Salad 1/2 c Fruit Cup 1 oz Chips
	Milk offered at every meal						Week 3

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