



MENU - WEEK 4

Fall/Winter 2022-2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Bacon GF Maple Syrup GF Oranges GF Juice GF	Eggs Over Medium GF Wheat Toast slices Fruit Cup GF Juice GF	Scrambled Eggs GF Hashbrowns GF Wheat Toast slice Juice GF	Fluffy Pancakes Berry Topping GF Bacon GF Juice GF	Cheese Omelet GF Toast slices Yogurt GF Juice GF	Hot or Cold Cereal Cinnamon Roll Fresh Banana GF JuiceGF	Fried Egg & Cheese GF Sandwich Pears GF Juice GF
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Broccoli & Cheese Stuffed Chicken GF Baked Potato GF Sour Cream GF Spinach GF Peach Cobbler	Spaghetti w/ Meatball Tomato and Cucumber Salad GF Dinner Roll Alt: Stuffed Peppers GF Vanilla Pudding GF	Pot Roast GF with Gravy Buttered Noodles Carrots GF Dinner Roll Dutch Apple Pie	Pork Roast GF Mashed Potatoes GF Gravy Beets GF Dinner Roll Custard Pie	Chicken Marsala GF Roasted Potatoes GF California Blend GF Bread Stick Alt: Macaroni & Cheese PearsGF	Breaded & Baked Haddock Baked Potato GF Peas GF Lemon Wedge GF Dinner Roll Alt: Tuna Salad Sandwich Ice Cream Sandwich	Open Faced Roast Beef Sandwich w/ Gravy Mashed Potatoes GF Squash Cranberry Sauce GF Peaches GF
CC Peach Cobbler	Vanilla Pudding GF	Dutch Apple Pie	Custard Pie	Pears GF	Ice Cream Sandwich	Peaches GF
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Grilled Cheese Tomato Soup GF Crackers Pickle GF Brownie	Bacon, Lettuce and Tomato GF Sandwich Chicken Noodle Soup Crackers Pears GF	Grilled Chicken GF on a Bun with BBQ sauce Tater Tots GF Pickles GF Tropical Fruit GF	Cheeseburger GF on Bun Lettuce & Tomato GF Macaroni Salad Grape Salad GF	Manicotti with Sauce Meatball Dinner Roll Garden Salad GF Cookies	Egg Salad GF Sandwich French Onion Soup GF Crackers Mandarin Oranges GF	Ham and Cheese GF Sandwich on Wheat - 5 oz Baked Potato Soup - 1/2 c Cottage Cheese - 1/2 c GF Raspberry/Apple Pie - 1 sl
CC Brownie	Pears GF	Tropical Fruit GF	Grape Salad GF	Cookie	Mandarin Oranges GF	Raspberry/Apple Pie - 1/2 sl

SUBSTITUTION LIST: PLEASE REQUEST ALTERNATIVES 2 HOURS PRIOR TO MEAL

Grilled Cheese, hotdog, hamburger
Sandwiches: sliced ham, turkey, chicken salad, tuna, ham salad, egg salad

DRINKS BELOW ARE OFFERED AT ALL MEALS:
Milk, ice water, coffee, tea and juice.

Approved as written 10/10/22

Bonny Solby, RD, LDN