

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs with Cheese Blueberry Muffin 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Sausage Patty	Orange Juice Hot Oatmeal Light Brown Sugar Waffle Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Diced Peaches	Orange Juice Hot Oatmeal Light Brown Sugar Cheese Omelet Sausage Patty Buttered Wheat Toast 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Buttered Wheat Toast Breakfast Ham 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Bacon Buttered Wheat Toast 2% Milk Coffee Creamer Sugar Packet Pepper Packet Mrs. Dash Packet	Orange Juice Hot Oatmeal Light Brown Sugar Pancakes Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Oven Roasted Potatoes Sausage Patty 2% Milk Coffee Creamer Sugar Packet Pepper Packet Mrs. Dash Packet
Diced Pears Assorted Cold Cereal Pancakes Syrup	Assorted Cold Cereal Breakfast Casserole Buttered Wheat Toast	Banana Strawberry Yogurt Parfait Assorted Cold Cereal	Diced Pears Assorted Cold Cereal Waffle Syrup	Diced Peaches Assorted Cold Cereal Biscuit & Sausage Gravy	Assorted Cold Cereal Cheese Omelet Banana	Assorted Cold Cereal Peach Yogurt Parfait
Lunch						
Garlic Shrimp Brussel Sprouts Mashed Potatoes Apple Pie 2% Milk Mrs. Dash Packet Pepper Packet	Cheese Broccoli Soup Hamburger Side Salad Salad Dressing of Choice Tater Tots Sugar Cookie 2% Milk Pepper Packet Mrs. Dash Packet	Italian Wedding Soup Pesto Cream Tortellini Winter Vegetable Blend Custard Pie 2% Milk	Roasted Corn Chowder Roast Turkey BW Turkey Gravy White Pullman Bread Mashed Idaho Potatoes Green Beans Fruit Cocktail 2% Milk	French Onion Soup Tuna Casserole Cake Red Velvet Cut Squash Medley 2% Milk Mrs. Dash Packet Pepper Packet	Crabby Swiss Crab Cake on Roll Tartar Sauce French Fries Coleslaw Peanut Butter Cookie 2% Milk Mrs. Dash Packet Pepper Packet	Cream of Mushroom Soup Saltine Cracker Packet Crispy Baked Chicken Tenders Honey Mustard Buttered Egg Noodles Sliced Carrots Chocolate Cake 2% Milk Pepper Packet Mrs. Dash Packet
Stuffed Bell Pepper	Cuban Sandwich	Kielbasa & Kraut	Grilled Cheese Sandwich Homemade Potato Chips	Sandwich Ham Salad Salad Potato	Grilled Chicken Sandwich Mayonnaise Packet	Salisbury Steak
Dinner						
Turkey & Dumplings Lemon Orzo Chicken Soup Green Peas Fresh Cut Fruit 2% Milk Pepper Packet Mrs. Dash Packet	Chicken Cacciatore Italiano BW Oven Roasted Red Potatoes Green Beans Raspberry Sherbet 2% Milk Mrs. Dash Packet Pepper Packet	Pork Ribs Baby Back BBQ Baked Potato Sour Cream Braised Red Cabbage Pineapple Tidbits 2% Milk	Pot Roast Brown Gravy Buttered Noodles Green Peas Boston Cream Pie 2% Milk	Beef & Broccoli Stir Fry Brown Rice Chocolate Ice Cream Cup 2% Milk Pepper Packet Mrs. Dash Packet	Spaghetti & Meatballs Parmesan Cheese Peas and Carrots Gingerbread Cheesecake Mousse 2% Milk Mrs. Dash Packet Pepper Packet	Prime Rib Au Jus Brown Gravy Lyonnais Potatoes Green Beans Vanilla Pudding Parfait 2% Milk Pepper Packet Mrs. Dash Packet
Tuna Salad Sandwich	Braised Corned Beef Brisket	Liver And Onions	Baked Flounder BW	Turkey Chili with Cornbread Biscuit	Potato Crusted Cod	Roast Turkey BW

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Dinner						
Macaroni Salad	Cabbage	Brown Gravy			Tartar Sauce Barley Mushroom Pilaf	