



	Sun 12-01-2024	Mon 12-02-2024	Tue 12-03-2024	Wed 12-04-2024	Thu 12-05-2024	Fri 12-06-2024	Sat 12-07-2024
B R E A K F A S T	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Egg and Ham Scramble Hash Browns Fresh Fruit 100% Juice	Texas French Toast Egg of Choice Fresh Fruit 100% Juice	Fried Egg Sausage Link Fresh Fruit 100% Juice Biscuit	Bagel and Cream Cheese Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Bacon Fresh Fruit 100% Juice	Hot Cereal Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Meatloaf Garlic Roasted Potatoes Fresh Asparagus Baked Roll Apple Dump Cake	Lemon Pepper Baked Chicken Seasoned Rice Whole Green Beans Baked Roll Fruit Cobbler	Green Salad Spiced Apple Pork Chops Mashed Potatoes and Gravy Corn Baked Roll Chocolate Oreo Poke Cake	Classic Salisbury Steak and Gravy Sour Cream Potatoes Mixed Vegetables Baked Roll Fruit Yogurt Parfait	Green Salad Sweet and Sour Drumsticks Basmati Rice Stir-Fry Vegetables Cheesecake with Fruit Topping	Baked Fish Fillet Steamed Red Potatoes Sautéed Spinach Baked Roll Cream Cheese Brownie	Green Salad Baked Meatballs with Gravy Classic Mashed Potatoes Chef's Steamed Vegetable Baked Roll Pumpkin Squares
D I N N E R	Shredded Pork Sandwich Broccoli Salad Sweet Potato Fries Ice Cream Bar	Beef and Vegetable Soup Open Face Sandwich Ambrosia Jello Salad Roasted Carrots	Baked Potato Soup Ham Salad Sandwich Fruit Pudding Salad Lemon Buttered Broccoli	Turkey Provolone Melt French Fries Southern Coleslaw Pudding with Vanilla Wafers	Broccoli Cheese Soup Roast Beef Sandwich Potato Chips Peaches 'n Pears California Blend	Light Caesar Salad Reuben Sandwich Grapes Pickle Spear Peanut Butter M&M Cookie	Chicken Patty Sandwich French Fries Green Beans Jello Waldorf Salad
Milk offered at every meal							Week 3

Dietitian's Signature: *Quinn Jager* 10-14-2024
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