



January 2 – January 8, 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DONUT FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST KRINGLE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST COFFEE CAKE FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST MINI MUFFIN FRUIT OF THE DAY	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DANISH FRUIT OF THE DAY
L U N C H	PORK CHOP REDSKIN MASHED GRAVY MALIBU VEGETABLE KEY LIME DESSERT <u>ALTERNATE ITEMS:</u> MEATBALLS CORN ANYTIME MENU OPTION	*HM SPAGHETTI WITH MEAT SAUCE ITALIAN VEGETABLES KEY LIME DESSERT <u>ALTERNATE ITEMS:</u> VEGETABLE LASAGNA WAX BEANS ANYTIME MENU OPTION	PORK STEAK CUTLET OVEN ROASTED POTATO BUTTERED CARROTS CHERRY CHEESECAKE <u>ALTERNATE ITEMS:</u> SALISBURY STEAK PEAS ANYTIME MENU OPTION	*HM OLD FASHIONED BEEF & VEG STEW BUTTERMILK BISCUIT RICE KRISPIE BARS <u>ALTERNATE ITEMS:</u> PORK FILET BEETS ANYTIME MENU OPTION	STUFFED PEPPERS YUKON MASHED CREAMED CORN LEMON TORTE <u>ALTERNATE ITEMS:</u> BREADED COD CARROTS ANYTIME MENU OPTION	BAKED COD WITH HOLLANDAISE SAUCE LEMON SLICE AUGRATIN POTATOES PEAS & ONIONS ICE CREAM SANDWICH <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT BAKED BEANS ANYTIME MENU OPTION	CHICKEN CASSEROLE SWEET YAMS DINNER ROLL FRUIT SALAD <u>ALTERNATE ITEMS:</u> SALISBURY STEAK BEETS ANYTIME MENU OPTION
D I N N E R	VEGETABLE SOUP CRACKERS TUNA SALAD SANDWICH FRUIT COCKTAIL <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	PULLED PORK ON BUN CUCUMBER SALAD POTATO CHIPS ICE CREAM CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM POTATO SOUP CRACKERS TURKEY SANDWICH YOGURT PARFAIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	GRILLED HAM & SWISS RYE BREAD PASTA SALAD ORANGE BLOSSUM <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*BACON MAC & CHEESE GREEN BEANS SWEET CHERRIES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM BEEF & BEAN CHILI COTTAGE CHEESE CROISSANT FRUITED JELLO CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	SLOPPY JOE ON BUN THREE BEAN SALAD PICKLED BEETS CHOC PUDDING TART <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION

MENU SUBJECT TO CHANGE

*HM: HOMEMADE

AVERAGE DAILY MENU: 2-4 gm SODIUM/DAY

45-60 gm CARBS/MEAL