



# February 5 – February 11, 2023



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST DONUT FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE/BACON OATMEAL COLD CEREAL TOAST PASTRY FRUIT	EGGS YOUR WAY WAFFLES PANCAKES SAUSAGE OATMEAL COLD CEREAL TOAST PASTRY 1. FRUIT
<b>L U N C H</b>	CHICKEN KIEV SAGE STUFFING GRAVY BUTTERED SQUASH CRANBERRY SAUCE STRAWBERRY CREAM PIE  <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT CARROTS  ANYTIME MENU OPTION	LASAGNA ROLL UP WITH MEAT SAUCE GARLIC BREADSTICK EDAMAME VEG. LEMON BAR  <u>ALTERNATE ITEMS:</u> CHICKEN BREAST BEETS  ANYTIME MENU OPTION	*HM BEEF VEG STEW DINNER ROLL COTTAGE CHEESE - WITH PINEAPPLE PISTACHIO OREO - DESSERT  <u>ALTERNATE ITEMS:</u> BREADED PORK WAX BEANS  ANYTIME MENU OPTION	BEEF TENDERKNIT RED POTATOES ESCALLOPED CORN APPLE TURNOVER  <u>ALTERNATE ITEMS:</u> BAKED COD PEAS  ANYTIME MENU OPTION	SMOKED SAUSAGE GERMAN POT. SALAD CALICO BEANS RICE PUDDING WITH WHIP CREAM  <u>ALTERNATE ITEMS:</u> SALISBURY/GRAVY CARROTS  ANYTIME MENU OPTION	BREADED COD TARTAR SAUCE LEMON SLICE CHEESEY MASHED HARVARD BEETS JELLO CAKE  <u>ALTERNATE ITEMS:</u> CABBAGE ROLLS YAMS  ANYTIME MENU OPTION	CHICKEN - DRUMSTICKS FRIED POTATOES GREEN BEAN - CASSEROLE CHERRY CREAM  <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT BEETS  ANYTIME MENU OPTION4
<b>D I N N E R</b>	*HM POTATO SOUP CRACKERS EGG SALAD - SANDWICH SLICED PEACHES  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	SAUSAGE GRAVY- OVER BISCUIT HASHBROWNS FRUIT CASSEROLE  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	CHICKEN TENDERS HONEY MUSTARD SWT POTATO TOTS ORANGE BLOSSOM  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	DELI SUB SANDWICH LETTUCE & TOMATO GREEK SALAD CHOCOLATE ICE CRM  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	SLOPPY JOE ON BUN SIDEWINDER FRIES DILL PICKLE SLICES RAINBOW JELLO  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	*HM CHICKEN - DUMPLING SOUP CRACKERS GRILLED CHEDDAR- SANDWICH APRICOTS  <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD  ANYTIME MENU OPTION	*HM FRENCH ONION- SOUP SALAMI SANDWICH MARBLE PUDDING  <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