



November 26 – December 2, 2023

	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 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 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
L U N C H	CHICKEN KIEV MASHED POTATO POULTRY GRAVY CRANBERRY SAUCE SICILIAN BLEND VEG CAKE ROLL <u>ALTERNATE ITEMS:</u> SALISBURY STEAK CARROTS ANYTIME MENU OPTION	COUNTRY FRIED - STEAK MASHED POTATOES COUNTRY GRAVY BUTTERED CORN CHERRY CRUNCH <u>ALTERNATE ITEMS:</u> CHICKEN BEETS ANYTIME MENU OPTION	*HM CHICKEN CHOP - SUEY W/VEG BUTTERED RICE EGG ROLL SWEET/SOUR SAUCE GINGERBREAD CAKE <u>ALTERNATE ITEMS:</u> PORK TENDERKNIT PEAS ANYTIME MENU OPTION	*RAVIOLI BAKE VEGETABLE BLEND GARLIC TOAST AMBROSIA DESSERT <u>ALTERNATE ITEMS:</u> FISH BAKED BEANS ANYTIME MENU OPTION	*HM BEEF TIPS YUKON MASHED ORANGE GLAZED - BEETS BLACK FOREST CAKE <u>ALTERNATE ITEMS:</u> PORK WAX BEANS ANYTIME MENU OPTION	BREADED TILAPIA MACARONI & CHEESE CREAMY COLESLAW CORNBREAD LEMON CHEESECAKE - BAR <u>ALTERNATE ITEMS:</u> STUFFED PEPPERS BAKED BEANS ANYTIME MENU OPTION	STUFFING TOPPED - PORK CHOP BUTTERNUT SQUASH BROCCOLI ROUND UP PUDDING <u>ALTERNATE ITEMS:</u> BEEF TENDERKNIT RED CABBAGE ANYTIME MENU OPTION
D I N N E R	HOT DOG ON A BUN RELISHES FRENCH FRIES MANDARIN ORANGES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HILLBILLY CHILI VEGETABLE COTTAGE - CHEESE SALAD BISCUIT TAPIOCA PUDDING <u>ALTERNATE:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM SPLIT PEA SOUP CRACKERS TURKEY SALAD - SANDWICH BROWN SUGAR - PEACHES <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM TATOR TOT - CASSEROLE BLUEBERRY MUFFIN ICE CREAM CUP <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM TUNA NOODLE CASSEROLE W/PEAS DINNER ROLL CINNAMON - APPLESAUCE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	HAM & PROVOLONE - ON CROISSANT DIJON MAYO LETTUCE & TOMATO CUCUMBER SALAD COOKIE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN POT PIE - OVER BISCUIT CRANBERRY RELISH PEAR SLICES <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