



December 3 – December 9, 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	HAWAIIAN CHICKEN ROASTED SWEET - POTATOES VEGETABLE BLEND PEACH PIE <u>ALTERNATE ITEMS:</u> MEATBALLS CREAM CORN ANYTIME MENU OPTION	*HM ESCALLOPED - POTATOES W/ HAM SEASONED GREEN - BEANS CARAMEL APPLE - DESSERT <u>ALTERNATE ITEMS:</u> CHICKEN CARROTS ANYTIME MENU OPTION	ENCHILADA - CRISPITO LETTUCE & TOMATO SOUR CREAM REFRIED BEANS SOUTHWEST CORN HONEY BUN COFFEE - CAKE <u>ALTERNATE ITEMS:</u> VEG LASAGNA BEETS ANYTIME MENU OPTION	*HM SPAGHETTI W/MEAT SAUCE ITALIAN BLEND VEG GARLIC BREADSTICK CHOCOLATE PEANUT - BUTTER BAR <u>ALTERNATE ITEMS:</u> FISH PEAS ANYTIME MENU OPTION	*HM APPLE GLAZED - RIBS AND KRAUT FRIED POTATOES BUTTERED PEAS MANDARIN ORANGE GELATIN <u>ALTERNATE ITEMS:</u> CABBAGE ROLLS WAX BEANS ANYTIME MENU OPTION	BAKED COD W/DILL - SAUCE LEMON SLICE GARDEN BLEND RICE RIVIERA VEGETABLE CHERRY DELIGHT <u>ALTERNATE ITEMS:</u> SALISBURY PATTY CARROTS ANYTIME MENU OPTION	*HM BEEF - STROGANOFF BUTTERED NOODLES SUNSHINE CARROTS STRAWBERRY ANGEL- FOOD DESSERT <u>ALTERNATE ITEMS:</u> PORK CHOP RED CABBAGE ANYTIME MENU OPTION
D I N N E R	BROWN SUGAR BBQ - SHREDDED PORK ON BUN CHEDDAR BITES SWEET PICKLE CHIPS LEMON PUDDING <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	EGG FRITTATA HASHBROWN PATTY MINI MUFFIN FRUIT SALAD <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM PIZZA POTATO - BAKE BUTTERED CARROTS APRICOTS <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CHICKEN - GUMBO SOUP CRACKERS TUNA SALAD - SANDWICH BANANA MOUSSE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	CHICKEN SANDWICH GARLIC AOLI MACARONI SALAD ROSEY APPLESAUCE <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM BEEF CHILI CRACKERS BUTTER BISCUIT VEGETABLE COTTAGE CHEESE JELLO PARFAIT <u>ALTERNATE ITEMS:</u> SOUP & SANDWICH SIDE SALAD ANYTIME MENU OPTION	*HM CREAMY - GNOCCHI SOUP CRACKERS CHICKEN SALAD SANDWICH CHOC ICE CREAM CUP <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