

|                  | <b>Sunday</b>      |                       | <b>Monday</b>                             |                      | <b>Tuesday</b>                |                 |                        | <b>Wednesday</b>           |                                       |                |
|------------------|--------------------|-----------------------|---|----------------------|-------------------------------|-----------------|------------------------|----------------------------|---------------------------------------|----------------|
|                  | Dinner             | Breakfast             | Lunch**                                   | Dinner**             | Breakfast                     | Lunch**         | Dinner**               | Breakfast                  | Lunch**                               | Dinner**       |
| <b>Meal</b>      | <b>BBQ Chicken</b> | <b>Egg/ Bacon</b>     | <b>Chicken Strips</b>                     | <b>Meatloaf</b>      | <b>Bisc and Sausage</b>       | <b>Hoggie</b>   | <b>Sweet/ Sour Ckn</b> | <b>Waffles</b>             | <b>Taco Salad</b>                     | <b>Lasagna</b> |
| Protein          | Chicken Quarters   | Egg, bacon            | chicken strips-4                          | Meatloaf             | Sausage patty-2<br>turkey     | Ham/ Turkey     | Orange Chicken         | Sausage link               | seasoned ground<br>beef               | lasagna - meat |
| Fruit            |                    | fresh variety/ juice  |   |                      | fresh variety/ juice          |                 |                        | fresh variety/ juice       | tomato diced                          |                |
| Vegetable        | green beans        |                       | Mixed Veg. (4-way)                        | corn                 |                               | spinach, tomato | oriental blend         |                            | shredded lettuce,<br>guacamole, salsa | green beans    |
| Salad Bar        | full bar           | breakfast bar         | full bar                                  | full bar             | breakfast bar                 | full bar        | full bar               | breakfast bar              | full bar                              | full bar       |
| Dairy            |                    | shredded cheese       |   |                      | milk                          | cheese slices   |                        | milk                       | cheese, sour cream                    |                |
| Starch           | mac & cheese       | tortia - flour        | rolls                                     | mashed potatoes      | biscuit - 2                   | hoggie bread    | steamed rice           | waffles                    | tortia chips, rice                    | garlic bread   |
| other            |                    |                       | pepper gravy                              |                      | pepper gravy, jelly,<br>honey | mayo, mustard   | orange sauce           | cinnamon, sugar,<br>butter | refried beans, taco<br>seasoning      |                |
| dessert          | Ice cream sandwich |                       | chocolate pudding                         | assorted cookies     |                               | sherbert        | brownies               |                            | fruit popsicles                       | sheet cake     |
| Vegetarian Alt   | garlic bread pizza | fresh variety/ juice  | avo, tom, cheese<br>sandwich              | veggie pattie        | omit sausage,<br>alternates   | hummus          | omit chicken           | V meal                     | pinto beans                           | veg. lasagna   |
| Gluten Free Alt  |                    | alternates            | grilled chicken, omit<br>roll, omit gravy | meatloaf             | omit biscuits,<br>alternates  | GF bread        | sweet/sour chicken     | alternates                 | GF meal                               |                |
| Lactose Free Alt | omit mac & cheese  | omit yogurt, alt milk | omit gravy                                | omit mashed potatoes | omit gravy                    | omit cheese     | LF Meal                | LF meal                    | omit cheese, s. crm                   |                |

|                  | <b>Thursday</b>                        |  |                      | <b>Friday</b>        |   |  | <b>Saturday</b>      |         |          |
|------------------|--|--|----------------------|----------------------|---|--|----------------------|---------|----------|
|                  | Breakfast                              | Lunch**  | Dinner**             | Breakfast            | Lunch**   | Dinner**   | Breakfast            | Lunch** | Dinner** |
| <b>Meal</b>      | <b>Breakfast</b>                       | <b>Meatball Subs</b>                               | <b>Pot Roast</b>     | <b>French Toast</b>  | <b>Hamburgers</b>                                 | <b>Enchiladas</b>  | <b>Grab n Go</b>     |         |          |
| Protein          | egg-2                                  | Beef Meatballs                                     | beef                 | turkey bacon         | beef patty  | chicken shredded   |                      |         |          |
| Fruit            | fresh variety/ juice                   |  |                      | fresh variety/ juice |   |  | fresh variety/ juice |         |          |
| Vegetable        |  |  | carrots, onions      |                      | lettuce, tomato,<br>pickle                        | vegetable blend  |                      |         |          |
| Salad Bar        | breakfast bar                          | full bar   | full bar             | breakfast bar        | full bar  | full bar   |                      |         |          |
| Dairy            | milk                                   | cheese   |                      | milk                 | cheese slices                                     | cheese shredded<br>corn tortillas,<br>mexican rice, refried<br>beans | yogurt, milk         |         |          |
| Starch           | cimmamon rolls,<br>hash browns patties | hoagie   | red potatoes - baked | French Toast         | hamburger bun, fries<br>mayo, mustard,<br>ketchup |  | Kolache, muffin      |         |          |
| other            |  | assorted chips                                     |                      | syrup                | ice cream cone                                    | enchilada sauce  | cereal               |         |          |
| dessert          |  | assorted cookies<br>sauteed portabella<br>mushroom | apple pie            |                      |   | churros  |                      |         |          |
| Vegetarian Alt   | V meal                                 |  |                      | omit bacon           | garden burger                                     | cheese enchiladas  | V meal               |         |          |
| Gluten Free Alt  | omit flour tortilla                    | GF bread   | GF meal              | alternates           | GF bread  | GF meal  | alternates           |         |          |
| Lactose Free Alt | omit cheese                            | omit cheese  | LF meal              | omit milk            | omit cheese                                       | omit cheese  | omit yogurt, milk    |         |          |

**Add'l Breakfast Selections:**

alternates assorted cold cereal, oatmeal, bagel w/ cream cheese

fresh fruit apples, grapes, oranges, bananas, watermelon

beverages milk, orange juice, apple juice, water

**Specialty Items**

GF GF bread, GF waffles, Cheerios, Cinnamon Rice Chex, Corn Flakes

LF soy milk, almond milk, oat milk

Fresh Fruit will be available at all meals

cereal available at all breakfasts