

	Sunday			Monday			Tuesday			Wednesday		
	Dinner	Breakfast	Lunch**	Dinner**	Breakfast	Lunch**	Dinner**	Breakfast	Lunch**	Dinner**		
Meal	Spaghetti Dinner	Egg Scramble	Chicken Sand	CFSteak	Cinnamon Rolls	Sloppy Joes	Baked Chicken	Mountain Man	Load Baked potato	Beef/Bean Burrito		
Protein	Ground beef	Egg, Sausage	Breaded Chicken	CF Steak		ground beef	Chicken	Egg, Sausage	Pulled Pork	ground beef		
Fruit		fresh variety/ juice		fruit cups	fresh variety/ juice		fruit cups	fresh variety/ juice	fruit cups	ranch beans		
Vegetable	Spaghettiie sauce, onion, garlic		lettuce, tomato	green beans		lettuce	BBQ Beans		salad bar	corn,peppers, onions		
Salad Bar	full bar		full bar	full bar		full bar	full bar		full bar	full bar		
Dairy	parmesan cheese	yogurt	cheese slices		yogurt, milk			cheese shredded	chopped cheese	sour cream, cheddar		
Starch	spaghetti noodles, garlic bread	toast	hamburger bun, waffle fries	mashed potatoes	cinnamon rolls	hamburger buns, fries	corn, cheese biscuits	hash brown potato	baked potato- 1/2 Salad Dressing, cheese, sour cream, chives	corn/ flour tortillas,		
other			pickles	pepper gravy	icing	Sloppy Joe Sauce		salsa		queso, salsa		
dessert	Cheesecake		oreo pudding cups	Sugar Cookies		Sherbert cups boca crumbles, or avo,lettuce,tom sandwich	Rice Krispy treats	angel food cake		Apple Crisp		
Vegetarian Alt	omit beef, zoodles	omit sausage	garden burger, avocado	loaded baked potato	V meal		paella	alternates	omit pork	omit beef		
Gluten Free Alt	GF noodles or zoodles	alternates	GF bread	loaded baked potato	alternates	GF bread	omit biscuit	GF Meal	GF meal	omit flour tortilla		
Lactose Free Alt	omit cheese	omit yogurt	omit cheese	omit gravy	omit yogurt, milk	LF meal	omit biscuit	omit cheese	omit cheese	omit cheese, s.crm		

	Thursday			Friday			Saturday		
	Breakfast	Lunch**	Dinner**	Breakfast	Lunch**	Dinner**	Breakfast	Lunch**	Dinner**
Meal	Egg Sandwich	Nachos	Battered Cod	Pancakes	Pizza	BBQ Brisket	Grab n Go	Hot Dogs	
Protein	egg, ham slice	Ground beef	Cod	Bacon	Assorted Pizzas	sliced brisket		All Beef Hot Dogs	
Fruit	fresh variety/ juice	refried beans	fruit cups	strawberry/ blueberry		fruit cups	fresh variety/ juice		
Vegetable		lettuce, tomato	cole slaw		marinara sauce, mushroom, olives, peppers	carrots			
Salad Bar		full bar	full bar		full bar	full bar			
Dairy	cheese slice	shredded cheese		yogurt parfait	mozzarella cheese		yogurt, milk		
Starch	english muffin	chips, rice	fries	pancakes	pizza crust	rice	Kolache, muffin, bagel	assorted chips	
other	jelly, honey	seasoning	tartar sauce	syrup		brown gravy	cream cheese		
dessert		fruit bars	cheesecake bars		brownies	cobbler		ice cream sandwich	
Vegetarian Alt	omit ham	omit beef		omit bacon	omit pepperoni	Tom Soup/ Grilled Cheese Sand	V meal		
Gluten Free Alt	GF Bread	GF meal		GF waffle	cauliflower crust	V- alternate	alternates		
Lactose Free Alt	omit cheese	omit cheese, s.crm		omit yogurt	sandwich options	LF Meal	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