



	Sun 11-27-2016	Mon 11-28-2016	Tue 11-29-2016	Wed 11-30-2016	Thu 12-01-2016	Fri 12-02-2016	Sat 12-03-2016
B R K	Scrambled Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Brown Sugar French Toast Bacon Fresh Fruit 100% Juice	Hot Cereal Egg of Choice <i>or</i> Hash Browns Raisins 100% Juice Whole Grain Toast	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Perfect Pancakes Sausage Fresh Fruit 100% Juice	Cold Cereal Egg of Choice <i>or</i> Hash Browns Banana 100% Juice Raisin Toast	Fried Egg Breakfast Ham Fresh Fruit 100% Juice English Muffin
L U N	Yankee Pot Roast <i>or</i> Baked Salmon Garlic Mashed Potatoes Baby Carrots Baked Roll Homemade Peach Pie	Marinated Drum Sticks <i>or</i> Veal/Mushroom Sauce Fried Rice Stir-Fry Veg Baked Roll Pear Crisp	Grilled Pork Chop/Applesauce <i>or</i> Beef Tips Au Jus Baked Yams Creamed Corn Baked Roll Banana Pudding Poke Cake	Spaghetti/Meat Marinara Sauce <i>or</i> Lemon Oregano Turkey Green Salad Crusty Garlic Bread Chocolate Chip Cookie	Rosemary Lemon Chicken <i>or</i> Honey Mustard Pork Roasted Red Potatoes Capri Blend Baked Roll Tapioca Fruit Pudding	Fish Fillet/Lemon Sauce <i>or</i> Ham and Gravy Cheesy Rice Steamed Broccoli Baked Roll Lemon Cream Cake	Meatloaf with Mozzarella <i>or</i> Marinated Turkey O'Brien Potatoes Seasoned Peas Baked Roll Gingerbread Bar
D I N	Ham Salad Sandwich Grapes Beet Salad Chips	Baked Macaroni Cheese Citrus Fruit Cup Seasoned Broccoli Pan Breadsticks	Hawaiian Pizza Fruity Green Salad Parmesan Bread Sticks	Fish Burger Assorted Fruit Creamy Coleslaw French Fries	Cowboy Baked Potato Sour Cream Fruit Salad Green and Gold Beans Herb Pull Apart Roll	Cheesy Chicken Sandwich Fresh Fruit/Lemon Dip Garden Green Salad	Sweet Pork Sandwich Whipped Pineapple Salad Stir-Fry Zucchini Vegetable Egg Roll
Milk offered at every meal							

Dietitian's Signature:

Deene Jager RDN #610128
10-9-2016