



Sample Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<ul style="list-style-type: none"> • Scrambled Eggs • Turkey Sausage Links 	<ul style="list-style-type: none"> • French Toast and Syrup • Turkey Sausage Links 	<ul style="list-style-type: none"> • Pancakes with Syrup • Chicken Sausage 	<ul style="list-style-type: none"> • Assorted Bagels with Cream Cheese 	<ul style="list-style-type: none"> • Turkey Sausage, Egg, and Cheese Biscuit Sandwich 	<ul style="list-style-type: none"> • Waffles with Syrup • Turkey Bacon 	<ul style="list-style-type: none"> • Tomato & Basil Frittata or Vegetable Quiche • Turkey Sausage Links
	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • 2% Milk • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice 	<ul style="list-style-type: none"> • Individual Cereals (Cheerios/Special K) • Individual Yogurts (Variety) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk 2% • Orange Juice
Lunch	<ul style="list-style-type: none"> • Tacos (Seasoned ground beef with rice, black beans, shredded lettuce, diced tomato, diced onion, shredded cheese, sour cream, soft & hard taco shells) 	<ul style="list-style-type: none"> • Assorted Wraps (Egg or Tuna Salad; cheese; assorted cold cuts; assorted flavored wraps; shredded lettuce; diced tomato) • Potato Chips 	<ul style="list-style-type: none"> • Cheese Pizza • Chicken Noodle Soup 	<ul style="list-style-type: none"> • Grilled Cheese Sandwich • Tomato Soup 	<ul style="list-style-type: none"> • Chicken Tenders • French Fries 	<ul style="list-style-type: none"> • Homemade Macaroni and Cheese • Rustic Tomato Soup 	<ul style="list-style-type: none"> • Chicken Gyros with Tzatziki Sauce and Vegetables • Vegetable Soup
	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Milk • Lemonade • Water
Dinner	<ul style="list-style-type: none"> • Meatloaf with Mashed Potatoes and Steamed Broccoli 	<ul style="list-style-type: none"> • Baked Chicken Leg and Thigh with Roasted Potatoes and Mixed Vegetables 	<ul style="list-style-type: none"> • Chicken with Tomato Vinegar Sauce with Rice and Seasonal Vegetables 	<ul style="list-style-type: none"> • Cheese Tortellini with Pesto with Vegetable Medley • Bread Sticks 	<ul style="list-style-type: none"> • Tuna Noodle Casserole • Honey Glazed Carrots 	<ul style="list-style-type: none"> • Chicken Pot Pie 	<ul style="list-style-type: none"> • Beef Ravioli with Marinara Sauce with Seasonal Vegetables • Bread Sticks
	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Chocolate Cake • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Brownies • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Ice Cream Sundae • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Pie • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Brownies • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Ice Cream Sundae • Milk • Lemonade • Water 	<ul style="list-style-type: none"> • Green Salad (Tomatoes, Green Peppers, Olives, Onions) • Fresh Fruit (Apples, Oranges, and Bananas) • Pie • Milk • Lemonade • Water

****VEGETARIAN OPTIONS ARE ALWAYS AVAILABLE. PLEASE NOTIFY US OF ANY FOOD ALLERGIES OR DIETARY RESTRICTIONS.**