



	Sun 11-11-2018	Mon 11-12-2018	Tue 11-13-2018	Wed 11-14-2018	Thu 11-15-2018	Fri 11-16-2018	Sat 11-17-2018
B R K	Egg Sausage Casserole Hash Browns Fresh Fruit 100% Juice Fresh Biscuits	Sausage Country Gravy/Biscuits Egg of Choice Fresh Fruit 100% Juice	Hot Cereal Yogurt Fresh Fruit 100% Juice	Whole Wheat Pancakes Egg of Choice Fresh Fruit 100% Juice	Fried Egg Bacon Fresh Fruit 100% Juice English Muffin	Waffles Breakfast Ham Fresh Fruit 100% Juice	Ham Cheese Omelet Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N	Pulled Pork Roast Tomato Cilantro Rice California Blend Baked Roll Crescent Cream Bars	Turkey Sweet Potato Shepherd's Pie Brussels Sprouts/Lemon Sauce Baked Roll Chocolate Love Cake	Southern Fried Drumstick Bacon and Blue Potato Salad Skillet Cabbage Fresh Cornbread Berry Cobbler	Potato Crusted Haddock Brown Rice Parsley Carrots Baked Roll Peach Melba Ribbon Pie	Turkey Scallopini Ranch Potato Bake Sauteed Zucchini Baked Roll Chocolate Vanilla Pudding Dessert	Grilled Chicken/Roasted Pepper Sauce Rice Baked Seasoned Squash Baked Roll Dump Cake	BBQ Saint Louis Pork Ribs Fresh Cooked Yams Corn on the Cob Baked Roll Marshmallow Treat
D I N	Chicken Vegetable Soup Fruit Toss Harvard Beets Crackers	Tuna Melts Mandarin Oranges Tomato Soup Chips Cookie	Ranch Burger Sprinkled Fruit Salad Zucchini Tomato Salad Butterscotch Pudding	Pork Chalupa Assorted Fruit Guacamole Chocolate Chip Cranberry Cookies	Ham and Lentil Soup Raspberry Jello Salad Green Salad Whole Grain Bread Nut Bread	Classic Taco Salad Fresh Fruit Veggies in Salad Baked Tortilla Chips	Roasted Chicken/Red Potatoes Banana Green Salad Herb Pull Apart Roll
	Milk offered at every meal						Week 5

Dietitian's Signature: *Diane Jagan RDN*
610158 10-26-2018