

Week 4 Sat	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Scrambled Egg Sausage & Green Chili Scramble Blueberry Pancakes Canadian Bacon Oatmeal	Scrambled eggs Veggie egg white Frittata French toast (cinnamon) Turkey Sausage Ralston Home fried potato	Scrambled egg Spinach, bacon, swiss scramble Tator tots Waffles Bacon Oatmeal	Scrambled Egg Mountain scramble Biscuit Country Gravy Sausage patties Rosemary potato Grits	Scrambled eggs Bacon French Toast Sticks Corned Beef Hash Oatmeal	Scrambled eggs Asparagus, bacon, mushroom Quiche Fried potato w/pepper & onion peach crepes Cream of Wheat	Southwest Breakfast Bar Flour tortilla's Scrambled eggs Chorizo Scramble pancakes Home fries Black peppered bacon Oatmeal Salsa, Sr. Cr., Shredded cheese, Jalapeno
Soup vegetable Wheat Bun BBQ chicken breast(4oz) Sweet potato crinkle fries Black bean Burgers Fresh baked cookies Fruit crisp Deli Turkey Pastrami	Soup Vegetable White Rice Beef Tips w/gravy Cheese Pizza Breadsticks (cheese or Garlic) Fresh Baked Cookies Fruit crisp Deli Turkey Ham	Soup Vegetable Wheat Bun/sandwich brd Sliced pork w/ sage gravy Mashed potatoes Cheese ravioli w/ Maranara sause Brownies Fresh Baked cookies Deli Turkey Sliced bologna	Soup vegetable Taco bar Flour Tortilla/Taco shell Taco Meat ½ grd trky Refried Beans Mexican rice Fresh baked cookies Baked bar Deli Turkey Tuna salad	Vegetable White rice Green bean chow mein Chips Wheat Buns/sandwich brd Sliced Turkey Sliced Ham ½ Egg Salad ½ red pepper humus ½ Fiesty Feta Spread Pita chips Fresh baked cookies Lemon bars	Vegetable Hot Dog Bun Hot Dog Saurkaraut, peppers, Onions, Jalapeno's Shredded cheese Beef Chili Vegetable Lasagna Fresh baked cookies Brownies Deli Turkey Chicken Salad	Soup vegetables White Rice Garlic Mushroom Chicken Cheese Enchilada Sherbet cups Fresh baked cookies Deli Turkey Salami
Vegetable Swedish meatballs tri colored potatoes Lemon pepper Catfish Rice Elbow pasta Tomato Broccoli Sauce Cheese sauce Fresh baked coolies Spice cake	Vegetable Roasted pork w/Rstd red Ppr Sauce Au Gratin Potatoes Chicken Parmesan bowtie w/Tomato ragu Turkey Bolegnaise German Chocolate cake Fresh baked cookies	Fresh Vegetable Steak w/ Mushroom & onion demi glace Baked trout w/ lemon Almandine sauce Roasted pepper Orzo Elbow Cheese sauce /Arrabirata sauce Fresh baked cookies Banana pudding w/ vanilla wafer	vegetable Ham w/ Orange Honey Glaze Mashed sweet potatoes Roasted turkey stuffing Penne Vegetarian marinara Alfredo Cheese Cake w/ cherry topping Fresh baked cookies	Vegetable Asian bar: Beef pepper steak Sesame chicken Jasmine rice Veggie egg roll Baked Cod w/citrus lime sauce Orechetti Pasta Tomato Basil Sauce Pesto cream sauce Carrot Cake Fresh baked cookies	vegetable BBQ Pork Ribs St. Thomas Baked beans Fried chicken Potato wedges Spiral Tomato & olive sauce Cheese sauce Watermelon Strawberry shortcake Whipped cream on side	Fresh Vegetable Spaghetti Noodles Meatballs W/ Sauce Vegetarian marinara Garlic Bread Roasted salmon w/ Lemon Dill Sauce Mushroom sauce Fruit pie Cookie crumble pudding cups