



	Sun 03-01-2026	Mon 03-02-2026	Tue 03-03-2026	Wed 03-04-2026	Thu 03-05-2026	Fri 03-06-2026	Sat 03-07-2026
B R E A K F A S T	Bacon Egg Bites Hash Browns Fresh Fruit Whole Grain Toast	Texas French Toast Egg of Choice Fresh Fruit Orange Juice	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Pancakes Egg of Choice Sausage Link Fresh Fruit	English Muffin Breakfast Sandwich Mandarin Oranges Orange Juice	Swedish Pancakes Sausage Link Fresh Fruit 100% Juice	Egg of Choice Sausage Patty Hash Browns Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Baked Ham Parsley Seasoned Potatoes Whole Green Beans Ice Cream	Green Salad White Wine and Mushroom Chicken Risotto Chef's Steamed Vegetable Ice Cream	Green Salad Breaded Parmesan Pork Chop Sweet Potato Gratin Spiced Harvard Beets 100% Juice Ice Cream	Green Salad Salisbury Steak with Brown Sauce Herb Mashed Potatoes Buttery Carrots Beverage Choice Ice Cream	Green Salad Burgundy Pork Tenderloin Fresh Mashed Potatoes Brussels Sprouts Ice Cream	Green Salad Cod Fillet with Lemon Sauce Garlic Parmesan Rice Sautéed Spinach Ice Cream	Green Salad Traditional Lasagna Chef's Steamed Vegetable Garlic Bread Ice Cream
S N A C K P M	Cheese and Crackers	Granola Bar	Crackers and Peanut Butter	Party Mix	Granola Bar	Popcorn	Crackers and Peanut Butter
D I N N E R	Egg Salad Sandwich Chips Fresh Fruit Soup Du Jour Ice Cream	Beef Chili Tomato Cucumber Salad Fresh Cornbread Ice Cream	Four Cheese Ziti Fresh Fruit Mixed Vegetables Ice Cream	Diner Style Hot Turkey Sandwich Herb Sautéed Vegetables Ice Cream	Grilled Ham and Cheese Sandwich Chips Pear Fruit Cup Soup Du Jour Ice Cream	Canadian Bacon Pizza Light Caesar Salad Beverage Choice Ice Cream	Slow Cooked BBQ Chicken Sandwich French Fries Fresh Fruit Coleslaw Ice Cream
Milk offered at every meal							Week 1

Dietitian's Signature: *Diane Jager 1-23-2026*
610128



	Sun 03-08-2026	Mon 03-09-2026	Tue 03-10-2026	Wed 03-11-2026	Thu 03-12-2026	Fri 03-13-2026	Sat 03-14-2026
B R E A K F A S T	Homestyle Waffles Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	Pancakes Egg of Choice Fresh Fruit 100% Juice Whole Grain Toast	French Toast Bacon Fresh Fruit 100% Juice	Ham Egg Muffin Hash Browns Fresh Fruit 100% Juice	Savory French Toast Bake Bacon Fresh Fruit 100% Juice Milk	Sausage Scramble Fresh Fruit 100% Juice Fresh Biscuit	Fluffy Pancakes Egg of Choice Fresh Fruit 100% Juice
L U N C H	Green Salad Pot Roast with Cider Gravy Boiled Red Potatoes Steamed Cauliflower Ice Cream	Green Salad Teriyaki Chicken Yakisoba Fried Noodles Mandarin Oranges Stir Fry Cabbage	Green Salad Herb and Citrus Butter Roasted Turkey Baked Yams Chef's Steamed Vegetable Baked Roll Ice Cream	Green Salad Mushroom Stuffed Pork Loin Garlic Roast Potatoes Mixed Vegetables Ice Cream	Green Salad Hamburger Steak and Onions Baked Potato Mixed Vegetables Baked Roll Ice Cream	Green Salad Baked Tilapia with Madrid Sauce Garlic Pasta Oven Roasted Broccoli Baked Roll Ice Cream	Green Salad Classic Meatloaf Cheesy Scalloped Potatoes Roasted Brussels Sprouts with Dijon Ice Cream
S N A C K P M	Cheese and Crackers	Vegetable Sticks	Fruit	Yogurt	Granola Bar	Popcorn	Graham Crackers
D I N N E R	Cheese Ravioli with Pasta Sauce Capri Blend Garlic Bread Ice Cream	BBQ Pulled Pork on a Bun Chips Fresh Fruit Cucumber Onion Salad 100% Juice Ice Cream	Thai Chicken Thigh Delicious Rice Mandarin Oranges Green Beans Ice Cream	Soup Du Jour Marinated Seafood Salad Pickled Beets Ice Cream	Green Salad Kielbasa with Peppers Coconut Rice Ice Cream	Green Salad Spaghetti and Meat Sauce Garlic Zucchini Saute Milk Ice Cream	Basil Tomato Soup Grilled Cheese Sandwich Mandarin Oranges Garden Green Salad 100% Juice Ice Cream
Milk offered at every meal							Week 2

Dietitian's Signature: *Diana Jagan* 1-23-2026
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	Sun 03-15-2026	Mon 03-16-2026	Tue 03-17-2026	Wed 03-18-2026	Thu 03-19-2026	Fri 03-20-2026	Sat 03-21-2026
B R E A K F A S T	Egg of Choice Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Milk	French Texas Toast Bake Bacon Fresh Fruit 100% Juice	Denver Egg Scramble Hash Browns Fresh Fruit Whole Grain Toast 100% Juice	Buttermilk Pancakes Egg of Choice Fresh Fruit 100% Juice Milk	Breakfast Biscuits and Gravy Egg of Choice Fresh Fruit 100% Juice Milk	Orange Cranberry Muffin Egg of Choice Sausage Patty Fresh Fruit 100% Juice	Chef's Choice Omelet Hash Browns Fresh Fruit 100% Juice
L U N C H	Green Salad Barbecue Beef Meatballs BBQ Baked Beans Mixed Vegetables Fresh Combread Beverage Choice Ice Cream	Green Salad Herb Roasted Turkey with Gravy Fresh Cooked Yams Herb Roasted Vegetables Beverage Choice Ice Cream	Green Salad Honey Glazed Pork Chop AuGratin Potatoes Green Beans Beverage Choice Ice Cream	Green Salad Mushroom Swiss Salisbury Steak Baked Potato Country Trio Medley Milk Ice Cream	Green Salad Chicken Marsala Lemon Chive Rice Chef's Steamed Vegetable Milk Ice Cream	Green Salad Salmon with Herbed Butter Rice Pilaf Chef's Steamed Vegetable Beverage Choice Ice Cream	Green Salad Meatloaf with Caramelized Onion Gravy Classic Mashed Potatoes Capri Blend Beverage Choice Ice Cream
S N A C K P M	Cheese and Crackers	Granola Bar	Homemade Cookie	Cheese and Crackers	Popcorn	Homemade Cookie	Crackers and Peanut Butter
D I N N E R	Lentil Soup Classic Tuna Salad Sandwich Assorted Fruit Cranberry Broccoli Salad Beverage Choice Ice Cream	French Onion Soup Mini Burgers Coleslaw Beverage Choice Ice Cream	Soup Du Jour Mediterranean Chicken Salad Tossed Vegetable Salad Baked Roll Beverage Choice Ice Cream	Baked Ziti with Italian Sausage Italian Blend Garlic Bread Beverage Choice Orange Slices	Italian Vegetable Soup Philly Cheesesteak Pasta Mixed Green Salad Beverage Choice Ice Cream Sandwich	Chicken Philly Sandwich French Fries Fresh Mixed Vegetable Salad Beverage Choice Ice Cream	BBQ Pork Rib Sandwich Chips Fresh Fruit Corn Beverage Choice Ice Cream
Milk offered at every meal							Week 3

Dietitian's Signature: *Diane Jagu* 1-23-2026
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	Sun 03-22-2026	Mon 03-23-2026	Tue 03-24-2026	Wed 03-25-2026	Thu 03-26-2026	Fri 03-27-2026	Sat 03-28-2026
B R E A K F A S T	Classic Corned Beef Hash Egg of Choice Assorted Fruit 100% Juice Whole Grain Toast Coffee	Sausage Country Gravy and Biscuits Egg of Choice Fresh Fruit 100% Juice	Cinnamon French Toast Bacon Fresh Fruit 100% Juice	Baked Denver Omelet Fresh Fruit 100% Juice Whole Grain Toast	Homestyle Pancakes Egg of Choice Fresh Fruit 100% Juice	Scrambled Egg Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Creamy Oatmeal Egg of Choice Bacon Fresh Fruit 100% Juice Whole Grain Toast
L U N C H	Green Salad Bacon Roasted Chicken Breast Sour Cream Potatoes Mixed Vegetables Baked Roll Ice Cream	Green Salad Southern Fried Drumstick Fried Potatoes and Onions Corn O'Brien Baked Roll Ice Cream	Green Salad Beef Tips in Gravy Parsley Noodles Sautéed Zucchini Ice Cream	Green Salad Cranberry Glazed Turkey Roast Fresh Cooked Yams Green Bean Casserole Baked Roll Ice Cream	Green Salad Baked Ham AuGratin Potatoes Braised Cabbage and Apples Baked Roll Apple Crisp	Green Salad Lemon Rosemary Salmon Rice Steamed Broccoli Ice Cream	Green Salad Crispy Fried Chicken Baked Macaroni Cheese Chef's Steamed Vegetable Ice Cream
S N A C K P M	Crackers and Peanut Butter	Granola Bar	Homemade Cookie	Graham Crackers	Granola Bar	Homemade Cookie	Popcorn
D I N N E R	Garden Tomato Soup Grilled Cheese Sandwich Pears Garden Green Salad Vintage Fudge Brownie	Green Salad Shrimp Scampi with Pasta Chef's Steamed Vegetable Pan Breadsticks Ice Cream	Broccoli Cheese Soup Chicken Caesar Salad Grapes Baked Parmesan Roll Ice Cream	Carrot Soup Cowboy Meatloaf Casserole Cold Salad Trio Winter Fruit Salad Succotash Ice Cream	Soup Du Jour Burque Turkey Sandwich Chickpea Tomato Cucumber Salad Fresh Fruit Cup	Garden Green Salad Spaghetti and Meat Sauce Chef's Steamed Vegetable Garlic Bread Ice Cream	Meat Lover's Pizza Peaches Chopped Salad with Garlic Dressing Ice Cream
Milk offered at every meal							Week 4

Dietitian's Signature: *Diene Jager* 1-23-2026
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