

BREAKFAST**SUNDAY****Denver Omelet**

Breakfast Potatoes (1.5)
Seasonal Fresh Fruit (1)

MONDAY**Apple Cinnamon Oatmeal (2.5)**

Scrambled Eggs
Seasonal Fresh Fruit (1)

TUESDAY**Pancakes (2)**

with Regular Syrup add (2)
with Sugar-Free Syrup add (0)
Breakfast Sausage
Seasonal Fresh Fruit (1)

WEDNESDAY**Skillet Scramble with Eggs and Roasted Potatoes (1)**

Blueberry Muffin (2)
Seasonal Fresh Fruit (1)

THURSDAY**Biscuits and Gravy (2.5)**

Scrambled Eggs
Seasonal Fresh Fruit (1)

FRIDAY**French Toast (1.5)**

with Regular Syrup add (2)
with Sugar-Free Syrup add (0)
Breakfast Sausage
Seasonal Fresh Fruit (1)

SATURDAY**Pancakes (2)**

with Regular Syrup add (2)
with Sugar-Free Syrup add (0)
Breakfast Sausage
Seasonal Fresh Fruit (1)

Some foods may not be appropriate based on your diet or food allergies.

This symbol () indicates how many carbohydrate servings are in that item. Carbohydrate servings are listed to the right of each item.

**LUNCH****SUNDAY****Homestyle Meatloaf (.5)**

Sautéed Vegetables
Whipped Potatoes and Gravy (1)

Roast Turkey Cranberry Salad (1.5)

Tomato Soup (1)

MONDAY**Lasagna (1)**

Zucchini and Squash

Chicken Caesar Salad (.5)

Vegetable Beef Soup (.5)
Fresh Fruit (1)

TUESDAY**Chicken Teriyaki over Rice (2)**

Asian Vegetables (.5)

Fresh Fruit Plate with Cottage Cheese (1.5)

Chicken Noodle Soup (.5)

WEDNESDAY**Pulled Pork Sandwich (4)**

Roasted Potatoes (1)
Cole Slaw (.5)

Turkey Cobb Salad (1)

Broccoli Cheese Soup (1)

THURSDAY**Quartered Chicken (1)**

Whipped Potatoes and Gravy (1)
Green Beans (.5)

Taco Salad (1.5)

Chicken Tortilla Soup (1)

FRIDAY**Crunchy Baked Cod (.5)**

Lemon Pilaf (2)
Roasted Zucchini

Chef Salad (.5)

Turkey Rice Soup (.5)

SATURDAY**Sweet Soy Pork over Steamed Rice (2)**

Asian Vegetables (.5)

**DINNER****SUNDAY****Chicken and Dumplings (1.5)**

Steamed Green Beans (.5)

Turkey & Swiss on Whole Wheat Bread (2)

Chicken Noodle Soup (.5)

MONDAY**Smothered Pork Chop (1)**

Roasted Sweet Potatoes (1)
Steamed Broccoli (.5)

Tuscan Chicken Sandwich (1.5)

Minestrone (1)

TUESDAY**Roasted Turkey**

Whipped Potatoes (1)
Steamed Green Beans (.5)

Roast Beef & Cheddar Sandwich (2.5)

French Onion Soup (.5)

WEDNESDAY**Beef Pot Roast (1.5)**

Roasted Root Vegetables (1)

Chicken Caesar Wrap (3)

Beef Barley Soup (1)

THURSDAY**Baked Mostaccioli (2)**

Sautéed Vegetables

Turkey Club Sandwich (2)

Minestrone (1)

FRIDAY**Tomato Braised Beef**

Whipped Potatoes (1)
Steamed Green Beans (.5)

Chicken Salad with Almonds & Grapes (1.5)

Baked Potato Soup (.5)

SATURDAY**Chicken Parmesan over Pasta (2.5)****OTHER OPTIONS****BREAKFAST****Cereal**

Oatmeal (1) | Grits (1.5)
Cream of Wheat (1.5)
Assorted Fruited Yogurt (2)
Cheerios (1) | Rice Chex (1)
Corn Flakes (1) | Raisin Bran (2)

Grill

Scrambled Eggs
Pancake (1) | French Toast (1.5)
Regular Syrup (2) | Sugar Free Syrup (0)
Turkey Sausage | Breakfast Potatoes (1.5)

Bakery

Blueberry Muffin (2) | English Muffin (1.5)
Bagel (2.5)

Fruit

Apple (1) | Orange (1) | Banana (2)
Seasonal Fruit Cup (1)

LUNCH & DINNER**Soups**

Tomato Soup (.5)
Chicken Noodle Soup (.5)

Deli

Tuna Salad | Roast Turkey | Ham
Roast Beef | Chicken Salad
Peanut Butter & Jelly on White Bread (3)
Breads (2 slices): Whole Wheat (1.5), White (1.5),
Wheatberry (5),

Entrées

Grilled Chicken Sandwich (1.5)
Hamburger (1.5)
Veggie Burger (2.5) | Turkey Burger (1.5)
Chicken Tenders (2)
Grilled Cheese Sandwich (2)
Turkey Cobb Salad (1.5)
Lemon Dill Fish
Fresh Fruit Plate with Cheese (2)
Chicken Caesar Salad (.5)

Sides

Hummus and Fresh Vegetables (2)
Garden Salad
Steamed Green Beans (.5)
Steamed Carrots (.5) | Whipped Potatoes (1)
Baked Sweet Potato (1.5) | Rice (1.5)
Potato Wedges (1) | Macaroni & Cheese (1)

Desserts

Cookies: Chocolate Chip,
Oatmeal, or Sugar (1)
Rice Krispy Treat (2) | Chocolate Brownie (2)
Angel Food Cake (1.5) | Lemon Italian Ice (2.5)
Orange Sherbet (1.5)
Chocolate Ice Cream (1) | Vanilla (1)
Strawberry Ice Cream (1) | Pound Cake (1)
Peach Crisp (2)

BEVERAGES

Tea: Hot or iced

Juice: Orange (1) | Apple (1)