

BREAKFAST

Entrees

Scrambled Egg
Cheese Omelet
Hard Boiled Egg
Pancakes & Syrup
French Toast & Syrup
Biscuit & Cream Gravy

Sides

Sausage Patty	Bagel & Cream Cheese
Bacon	Wheat Toast
Grilled Ham	White Toast
Refried Beans	Flour Tortilla
Hash Browns	Corn Tortilla
Blue Berry Muffin	Mexican Pastry
Bran Muffin	Danish
Biscuit	

Cereal

Oatmeal	Frosted Flakes
Cream of Wheat	Apple Jacks
Frosted Mini Wheats	Corn Pops
Honey Nut Cheerios	Cheerios

Available at All Meals

Banana	Peaches
Applesauce	Pear Half
Apple Slices	Cantaloupe
Orange Wedges	Fruit Cocktail
Mandarin Oranges	Pineapple Pieces
Watermelon	Cottage Cheese
(in Season)	Yogurt with Fruit

LUNCH

Monday

Pot Roast, Roasted Potatoes,
Carrots

Tuesday

Hawaiian Chicken, Steamed Rice,
Green Peas

Wednesday

Chopped BBQ Pork Sandwich,
Broccoli, Pasta Salad

Thursday

Turkey and Gravy, Zucchini,
Cornbread Stuffing

Friday

Crispy Fish Sticks, Pasta Alfredo,
Spinach

Saturday

Carne Guisada, Spanish Rice,
Carrots

Sunday

Beef Lasagna, Broccoli,
Garlic Breadstick

DELI SANDWICHES

Choose bread: Wheat, White or Croissant
Choose filling:

Peanut Butter and Jelly,
Ham, Turkey, Roast Beef
Tuna Salad, Chicken Salad,
American Cheese, Swiss Cheese

FROM THE GRILL

Hamburger
Cheeseburger
Shredded Lettuce
Sliced Tomato
Cheese Pizza
Pepperoni Pizza
Ravioli
Grilled Cheese on White or Wheat
Grilled Chicken Breast on Bun
Grilled Chicken Breast
Country Cream Gravy
Chicken Planks
Baked Fish
Chef Salad

DINNER

Monday

Pepperoni Pizza,
Corn on Cob, Tossed Salad

Tuesday

Meatloaf and Gravy,
Green Beans

Wednesday

Parmesan Cesar Chicken, Rice with
Black Beans, Mashed Sweet Potato

Thursday

Chicken Fried Steak and Gravy,
Green Beans

Friday

Rotini, Marinara and Meat Balls,
Broccoli, Bread Stick

Saturday

Cheese Quesadilla,
Fruit Salsa, Pinto Beans

Sunday

Chicken Planks and Gravy,
Mixed Vegetables

SOUPS

Campbell's Chicken Noodle
Campbell's Vegetable
Campbell's Tomato

SIDES

Macaroni and Cheese
Whole Kernel Corn
Steamed Green Beans
Mashed Potatoes
Tossed Salad
French Fries
Tator Tots
Cucumber Sticks
Potato Chips
Tortilla Flour or Corn
White Bread
Wheat Bread
Dinner Roll
Saltines

DESSERTS

Chocolate Pudding
Vanilla Pudding
Chocolate Chip Cookie
Oatmeal Cookie
Graham Crackers
Vanilla Wafers
Fruit Cup
Brownie
Gelatin

Teddy Grahams
Boston Cream Pie
Chocolate Cake
Strawberry Shortcake
Animal Crackers
Vanilla Ice Cream
Orange Sherbet
Popsicle

DRINKS

Whole Milk
2% Reduced Fat Milk
1% Low Fat Milk
Fat Free Milk
Chocolate Milk
Apple Juice
Orange Juice
Grape Juice
Fruit Punch
Lemonade
Water

CONDIMENTS

Ketchup
Mustard
Mayonnaise
Tartar Sauce
Italian Dressing
Ranch Dressing
Honey Mustard Dressing
Low Fat Mayonnaise
Low Fat Italian Dressing
Low Fat Ranch Dressing
Picante Sauce
Salt
Pepper
Sugar
Margarine
Jam
Jelly

CLEAR LIQUID

Chicken Broth
Vegetable Broth
Beef Broth
Cranberry Juice Cocktail
Apple Juice
Popsicle
Gelatin

FULL LIQUID

All of the Clear Liquid menu items plus the following:

Tomato Soup
Cream of Wheat
Vanilla Pudding
Chocolate Pudding
Vanilla Ice Cream
Orange Sherbet
Whole Milk
2% Low Fat Milk
Fat Free Milk
Chocolate Milk
Orange Juice