

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
	Hot or Cold Cereal Cheese Omelet Chocolate Donut	Hot or Cold Cereal Pancake Scrambled Eggs	Hot or Cold Cereal Hard Boiled Egg Banana Nut Muffin	Hot or Cold Cereal Southwest Egg Bake Danish	Hot or Cold Cereal Bacon Hash Brown Patty	Hot or Cold Cereal Hard Boiled Egg French Toast Sticks	Hot or Cold Cereal Coffee Cake Scrambled Eggs
	LUNCH						
	Chicken Tenders Sour Cream & Chive Mashed Potatoes Peas & Carrots Diced Peaches	Cheeseburger w/ Lettuce, Tomato & Onion French Fries Pineapple Chunks	Split Pea Soup w/ Ham Cheese Biscuit Cheese Cubes Vanilla Ice Cream	Old Fashioned Beef Vegetable Soup Hawaiian Roll Mandarin Oranges	Chili Buttermilk Biscuit w/ Honey Butter Diced Pears	Beef Barley Soup Wheat Roll Fresh Clementine's	Meatloaf Ranch Mashed Potatoes Creamed Corn Blackberry Fruit Cobbler
Heart Healthy, Lower Salt & Fat	Chicken Tender Meal	Hamburger w/ Lettuce, Tomato & Onion French Fries Pineapple Chunks	Chicken Noodle Soup Hawaiian Roll Cheese Cubes Vanilla Ice Cream	Old Fashioned Beef Vegetable Soup	Chili Meal	Beef Barley Soup Meal	Meatloaf Meal
CCHO (diabetic)	Chicken Tender Meal	Cheeseburger Meal	Split Pea Soup w/ Ham	Old Fashioned Beef Vegetable Soup	Chili Meal	Beef Barley Soup Meal	Meatloaf Meal
2 Gram Salt Restricted	Chicken Tender Mashed Potatoes Peas & Carrots Diced Peaches	Hamburger w/ Lettuce, Tomato & Onion French Fries Pineapple Chunks	Low Sodium Chicken Noodle Soup Hawaiian Roll Cheese Cubes Vanilla Ice Cream	Old Fashioned Beef Vegetable Soup	Low Sodium Chicken Noodle Soup Fresh Fruit	Beef Barley Soup Meal	Meatloaf Meal
ALT	Chicken Noodle Soup	Fruit Plate w/ Cottage Cheese	Chicken Noodle Soup	Turkey Sandwich w/ Fresh Fruit	Chicken Noodle Soup	Tomato Soup w/ Grilled Cheese	Egg Salad Sandwich w/ Fresh Fruit
	DINNER						
	Pepper Steak Rice Green Beans w/ Red Peppers & Onions Chocolate Pudding	Parmesan Breaded Pork Spaghetti Noodles Mixed Vegetable Blend Apple Dumpling	Roasted Pork Tenderloin Mashed Potatoes w/ Gravy Broccoli w/ Cheese Sauce Boston Cream Pie	Cranberry Glazed Turkey Stuffing Buttered Carrots Pumpkin Pie	Teriyaki Chicken White Rice California Vegetable Blend Carrot Cake	Tilapia Red Bliss Potatoes Green Beans Chocolate Mint Brownie	Herb Marinated Chicken Breast Stuffing Mixed Vegetable Blend Cupcake
Heart Healthy, Lower Salt & Fat	Pepper Steak Meal	Pork Chop Spaghetti Noodles Mixed Vegetable Blend Apple Dumpling	Roasted Pork Tenderloin Meal	Cranberry Glazed Turkey Meal	Teriyaki Chicken Meal	Tilapia Meal	Herb Marinated Chicken Breast Meal
CCHO (diabetic)	Pepper Steak Meal	Parmesan Breaded Pork	Roasted Pork Tenderloin Meal	Cranberry Glazed Turkey Meal	Teriyaki Chicken Meal	Tilapia Meal w/ Fresh Fruit	Herb Marinated Chicken Breast Meal w/ Sugar Free Cupcake
2 Gram Salt Restricted	Pepper Steak Meal	Pork Chop Spaghetti Noodles Mixed Vegetable Blend Apple Dumpling	Roasted Pork Tenderloin Meal	Cranberry Glazed Turkey Meal	Baked Chicken White Rice California Vegetable Blend Carrot Cake	Tilapia Meal	Herb Marinated Chicken Breast Meal
ALT	Baked Chicken Breast	Turkey Breast Sliced	Cube Steak	Baked Chicken Breast	Turkey Breast Sliced	Cube Steak	Salisbury Steak