

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BREAKFAST</b>						
	Hot or Cold Cereal Sausage Patty Chocolate Donut	Hot or Cold Cereal Pancakes Bacon	Hot or Cold Cereal Hash Brown Southwest Egg Bake	Hot or Cold Cereal Sausage Link Apple Danish	Hot or Cold Cereal Scrambled Eggs Blueberry Muffin	Hot or Cold Cereal Hard Scrambled Eggs French Toast Sticks	Hot or Cold Cereal Coffee Cake Scrambled Eggs
	<b>LUNCH</b>						
	Chicken Tenders Garlic Mashed Potatoes Creamy Cole Slaw Mixed Fruit	Turkey Club Chips Pickle Mandarin Oranges	Chicken Pot Pie Soup Whole Wheat Dinner Roll Fruit Cocktail	Swedish Meatballs Parsley Noodles Carrots Chocolate Chip Cookie	Beef Barley Soup Buttered Breadstick Sherbet	Egg Salad Sandwich Cucumber Slices Cherry Tomatoes Mandarin Oranges	Lasagna Rollups w/ Sauce Green Salad w/ Choice of Dressing Garlic Toast Sliced Pears
<b>Heart Healthy, Lower Salt &amp; Fat</b>	Chicken Tender Meal	Turkey Club No Bacon Sun Chips	Chicken Pot Pie Soup Meal	Swedish Meatball Meal	Beef Barley Soup Meal	Egg Salad Sandwich Meal	Lasagna Rollup w/ Sauce Green Salad w/ Choice of Dressing Wheat Roll Sliced Pears
<b>CCHO (diabetic)</b>	Chicken Tender Meal	Turkey Club	Chicken Pot Pie Soup Meal	Swedish Meatballs Parsley Noodles Carrots Chocolate Chip Cookie	Beef Barley Soup Meal	Egg Salad Sandwich Meal	Lasagna Rollup w/ Sauce Meal
<b>2 Gram Salt Restricted</b>	Baked Chicken Breast Mashed Potatoes Vegetable Blend	Turkey Sub No Bacon	Low Sodium Chicken Pot Pie Soup Whole Wheat Dinner Roll Fruit Cocktail	Swedish Meatball Meal	Beef Barley Soup Meal	Egg Salad Sandwich Meal	Lasagna Rollup Meal
<b>ALT</b>	Hamburger	Fruit Plate w/ Cottage Cheese	Chicken Noodle Soup	Baked Chicken Breast	Chicken Noodle Soup	Turkey Sandwich	Fruit Plate w/ Cottage Cheese
	<b>DINNER</b>						
	Honey Mustard Pork Tenderloin Roasted Red Potatoes Broccoli Pie	Ham Au Gratin Potatoes Sicilian Vegetables Dinner Roll Apple Dumpling	Pot Roast Whole Potatoes Baby Carrots Mango Mousse Cake	Roast Beef Mashed Potatoes Corn Chocolate Chip Cookie	Pepper Steak Rice Stewed Tomatoes Chocolate Pudding	Lemon Peppered Tilapia Baby Reds Green Beans Peaches	Meatloaf Italian Vegetable Blend Cheesy Mashed Potatoes Southern Style Biscuit Strawberry Marble Ice Cream
<b>Heart Healthy, Lower Salt &amp; Fat</b>	Honey Mustard Pork Tenderloin Meal	Baked Chicken Breast Au Gratin potatoes Sicilian Vegetables Dinner Roll Apple Dumpling	Pot Roast Meal		Pepper Steak Meal	Tilapia Meal	Meatloaf Italian Vegetable Blend Mashed Potatoes Southern Style Biscuit Strawberry Marble Ice Cream
<b>CCHO (diabetic)</b>	Honey Mustard Pork Tenderloin Meal w/ Sugar Free Pie	Ham Meal	Pot Roast Meal SF cookie		Pepper Steak Meal	Tilapia Meal	Meatloaf Mashed Potatoes Italian Vegetables S.F. Ice Cream
<b>2 Gram Salt Restricted</b>	Honey Mustard Pork Tenderloin Meal	Baked Chicken Meal	Pot Roast Meal		Pepper Steak Meal	Tilapia Meal	Meatloaf Italian Vegetable Blend Strawberry Marble Ice Cream
<b>ALT</b>	Baked Chicken Breast	Pot Roast	Sliced Turkey Breast	Chef Salad	Baked Chicken Breast	Cube Steak	Salisbury Steak