

	MONDAY, 2-16	TUESDAY, 2-17	WEDNESDAY, 2-18	THURSDAY, 2-19	FRIDAY, 2-20	SATURDAY, 2-21	SUNDAY, 2-22
B R E A K F A S T	Oatmeal Scrambled eggs Toast Pear  <b>Beverages:</b> Coffee/tea, milk, juice	Yogurt parfait Whole grain toast Apple  <b>Beverages:</b> Coffee/tea, milk, juice	Pancakes Fruit topping Sausage links  <b>Beverages:</b> Coffee/tea, milk, juice	Cereal Milk Eggs Orange  <b>Beverages:</b> Coffee/tea, juice	French toast Berries Bacon  <b>Beverages:</b> Coffee/tea, milk, juice	Omelet Toast Fruit  <b>Beverages:</b> Coffee/tea, milk, juice	Waffles Fruit Eggs  <b>Beverages:</b> Coffee/tea, milk, juice
L U N C H	Turkey sandwich Side salad Chicken noodle soup Mashed sweet potatoes  <b>Beverages:</b> Water, milk, tea <b>Dessert:</b> Fresh fruit cup	Chicken wrap Carrot sticks Veggie soup Dinner roll  <b>Beverages:</b> Water, milk <b>Dessert:</b> Sugar-free pudding	Veggie stir-fry Rice Salad Baked potato  <b>Beverages:</b> Water, tea <b>Dessert:</b> Low-fat yogurt with fruit	Tuna salad sandwich Fruit Chips Corn on the cob  <b>Beverages:</b> Water, milk <b>Dessert:</b> Baked cinnamon apple	Cheeseburger Sweet potato fries Salad Side veggies  <b>Beverages:</b> Water, milk <b>Dessert:</b> Small ice cream scoop	Pizza slice Salad Soup Roll  <b>Beverages:</b> Water, tea <b>Dessert:</b> Angel food cake with berries	Soup & half sandwich Potatoes Carrots  <b>Beverages:</b> Water, herbal tea <b>Dessert:</b> Fruit sorbet
D I N N E R	Baked tilapia slice Peas  <b>Beverages:</b> Water, decaf	Light beef tips Broccoli  <b>Beverages:</b> Herbal tea, water	Roast chicken slice Green beans  <b>Beverages:</b> Milk, water	Turkey casserole slice Cauliflower  <b>Beverages:</b> Tea, water	Light chicken stir-fry Mixed veggies  <b>Beverages:</b> Herbal tea, water	Ham slice Asparagus  <b>Beverages:</b> Milk, water	Roast turkey slice Light veggies  <b>Beverages:</b> Tea, water

DIETICIAN SIGNATURE:

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