

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

DIETICIAN SIGNATURE:
