

	MONDAY, 1-19	TUESDAY, 1-20	WEDNESDAY, 1-21	THURSDAY, 1-22	FRIDAY, 1-23	SATURDAY, 1-24	SUNDAY, 1-25
B R E A K F A S T	Oatmeal Scrambled eggs Toast Fruit Beverages: Coffee/tea milk, juice	Yogurt parfait Whole grain Toast Banana Beverages: Coffee/tea, milk, uice	Pancakes Fruit topping Sausage Beverages: Coffee/tea milk, juice	Cereal Milk Eggs Orange Beverages: Coffee/tea, 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
L U N C H	Grilled chicken sandwich Side salad Tomato Soup Mashed potatoes Beverages: Water, milk, tea Dessert: Fresh fruit cup	Turkey & cheese wrap Carrot sticks Veggie soup Dinner roll Beverages: Water, milk. Dessert: Sugar -free pudding	Veggie stir fry Rice Salad Sweet potato. Beverages: Water, tea Dessert: Low-fat yogurt with fruit	Tuna salad sandwich Fruit + chips Side salad. Beverages: Water, milk. Dessert: Baked cinnamon apple	Cheeseburger Fries + salad Corn. Beverages: Water, milk. Dessert: Small ice cream scoop	Pizza slice Salad Soup Beverages: Water, tea Dessert: Angel food cake with berries.	Soup & half sandwich Potatoes Carrots. Beverages: Water, herbal tea Dessert: Fruit sorbet
D I N N E R	Baked cod Green beans Light broth Beverages: Water, decaf	Light beef stew (smaller portion) Broccoli Beverages: Herbal tea, water	Roast pork slice Peas. Beverages: Milk, water	Pasta with marinara + small meatball Garlic bread. Beverages: Tea, water	Chicken pot pie (smaller portion) Mixed veggies Beverages: Herbal tea, water	Ham slice Asparagus Beverages: Milk, water	Roast beef slice Light veggies Beverages: Tea, water

DIETICIAN SIGNATURE:
