



	MONDAY, 1-26	TUESDAY, 1-27	WEDNESDAY, 1-28	THURSDAY, 1-29	FRIDAY, 1-30	SATURDAY, 1-31	SUNDAY, 2-1
B R E A K F A S T	Cream of wheat Poached eggs Toast Apple  <b>Beverages:</b> Coffee/tea, milk , juice	Smoothie bowl Muffin  <b>Beverages:</b> Coffee/tea, milk, juice	Pancakes Fruit topping Sausage  <b>Beverages:</b> Coffee/tea, milk, juice	Waffles Syrup  <b>Beverages:</b> Coffee/tea, milk, juice	Omelet bar  <b>Beverages:</b> Coffee/tea, milk, juice	Muffins Yogurt  <b>Beverages:</b> Coffee/tea, milk, juice	Pancakes  <b>Beverages:</b> Coffee/tea, milk, juice
L U N C H	Chicken salad plate Crackers Cucumber Quinoa  <b>Beverages:</b> Water, milk, tea <b>Dessert:</b> Low- sugar rice pudding	Egg salad sandwich Tomato soup Fruit Roll  <b>Beverages:</b> Water, milk <b>Dessert:</b> Graham crackers with fruit spread	Veggie stir fry Rice Salad Sweet potato.  <b>Beverages:</b> Water, tea <b>Dessert:</b> Low-fat yogurt with fruit	Ham & cheese melt  <b>Beverages:</b> Water, milk <b>Dessert:</b>	Veggie soup Sandwich  <b>Beverages:</b> Water, milk <b>Dessert:</b>	Pizza slices  <b>Beverages:</b> Water, milk <b>Dessert:</b>	Soup & salad  <b>Beverages:</b> Water, milk <b>Dessert:</b>
D I N N E R	Baked salmon slice Zucchini  <b>Beverages:</b> Water, decaf	Turkey meatloaf slice Spinach  <b>Beverages:</b> Herbal tea, water	Roast pork slice Peas.  <b>Beverages:</b> Milk, water	Lasagna Garlic bread  <b>Beverages:</b> Herbal tea, water	Fried chicken Corn Coleslaw  <b>Beverages:</b> Herbal tea, water	Meatballs in gravy Noodles  <b>Beverages:</b> Herbal tea, water	Baked ham Sweet potatoes  <b>Beverages:</b> Herbal tea, water

DIETICIAN SIGNATURE:

\_\_\_\_\_