

	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 Beverages: Coffee/tea, milk , juice	Smoothie bowl Muffin Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage Beverages: Coffee/tea, milk, juice	Waffles Syrup Beverages: Coffee/tea, milk, juice	Omelet bar Beverages: Coffee/tea, milk, juice	Muffins Yogurt Beverages: Coffee/tea, milk, juice	Pancakes Beverages: Coffee/tea, milk, juice
L U N C H	Chicken salad plate Crackers Cucumber Quinoa Beverages: Water, milk, tea Dessert: Low- sugar rice pudding	Egg salad sandwich Tomato soup Fruit Roll Beverages: Water, milk Dessert: Graham crackers with fruit spread	Veggie stir fry Rice Salad Sweet potato. Beverages: Water, tea Dessert: Low-fat yogurt with fruit	Ham & cheese melt Beverages: Water, milk Dessert:	Veggie soup Sandwich Beverages: Water, milk Dessert:	Pizza slices Beverages: Water, milk Dessert:	Soup & salad Beverages: Water, milk Dessert:
D I N N E R	Baked salmon slice Zucchini Beverages: Water, decaf	Turkey meatloaf slice Spinach Beverages: Herbal tea, water	Roast pork slice Peas. Beverages: Milk, water	Lasagna Garlic bread Beverages: Herbal tea, water	Fried chicken Corn Coleslaw Beverages: Herbal tea, water	Meatballs in gravy Noodles Beverages: Herbal tea, water	Baked ham Sweet potatoes Beverages: Herbal tea, water

DIETICIAN SIGNATURE:
