

Sample

Week 1

	SUNDAY, 6-21	MONDAY, 6-22	TUESDAY, 6-23	WEDNESDAY, 6-24	THURSDAY, 6-25	FRIDAY, 6-26	SATURDAY, 6-27
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, juice	Pancakes Fruit topping Sausage 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
L U N C H	Grilled chicken sandwich Side salad Tomato Soup Beverages: Water, milk, tea Dessert: Sugar-free vanilla pudding	Turkey & cheese wrap Carrot sticks Veggie soup Dinner roll Beverages: Water, milk Dessert: Low-fat chocolate pudding	Veggie stir fry Rice Salad Sweet potato Beverages: Water, tea Dessert: Sugar- free butterscotch pudding	Tuna salad sandwich Fruit + chips Side salad. Beverages: Water, milk Dessert: Low-fat rice pudding	Cheeseburger Fries Mixed green salad Beverages: Water, milk Dessert: Tapioca pudding	Pizza Mixed green salad Apple slices Beverages: Water, milk Dessert: Baked custard	Tomato Soup Half turkey sandwich Fruit Cocktail Beverages: Water, milk Dessert: Cheesecake
D I N N E R	Baked cod Green beans Light broth Beverages: Water, decaf	Light beef stew Broccoli Beverages: Herbal tea, water	Roast pork slice Buttered carrots Brown rice Beverages: Milk, water	Marinara pasta Meatball Garlic bread side salad Beverages: Herbal tea, water	Chicken pot pie Mixed veggies Beverages: Herbal tea, water	Ham slice Asparagus Roll Beverages: Herbal tea, water	Roast beef slice Zucchini & Carrots Roll Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 2

	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 Wheat toast peanut butter & banana slices Beverages: Coffee/tea, milk, juice	Omelet bar Wheat toast Beverages: Coffee/tea, milk, juice	Scrambled eggs Muffins Yogurt with fruit Beverages: Coffee/tea, milk, juice	Sausage burrito Fresh fruit Beverages: Coffee/tea, milk, juice
L U N C H	Chicken salad with quinoa Crackers Beverages: Water, milk, tea Dessert: Angel food cake with low-fat whipped topping	Egg salad sandwich Tomato soup Fruit Roll Beverages: Water, milk Dessert: Low-sugar brownie	Veggie stir fry Rice Salad Sweet potato. Beverages: Water, tea Dessert: Low- sugar oatmeal raisin cookie	Ham & cheese melt Vegetable Soup Beverages: Water, milk Dessert: Low-sugar chocolate chip cookie	Veggie soup Deli Sandwich Beverages: Water, milk Dessert: Sugar cookie	Pizza slices Mixed green salad Beverages: Water, milk Dessert: Lemon Bar	Chicken noodle soup Side salad Beverages: Water, milk Dessert: Pecan Bar
D I N N E R	Baked salmon slice Mashed otatoes Zucchini Beverages: Water, decaf	Turkey meatloaf Sweet potato fries Side Salad Beverages: Herbal tea, water	Roast pork slice Mashed potatoes Peas. Beverages: Milk, water	Lasagna Side Salad Garlic bread Beverages: Herbal tea, water	Fried chicken Corn Coleslaw Beverages: Herbal tea, water	Meatballs in gravy Noodles Peas & Carrots Beverages: Herbal tea, water	Baked ham Sweet potatoes Green beans Beverages: Herbal tea, water

DIETITIAN SIGNATURE:

Sample

Week 3

MONDAY, 2-2

TUESDAY, 2-3

WEDNESDAY, 2-4

THURSDAY, 2-5

FRIDAY, 2-6

SATURDAY, 2-7

SUNDAY, 2-8

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Grits
Eggs
Toast
Orange

Beverages:
Coffee/tea,
milk, juice

French toast
Bacon
Fresh fruit

Beverages:
Coffee/tea,
milk, juice

Cereal
Milk
Eggs

Beverages:
Coffee/tea, milk,
juice

Pancakes
Sausage links
Banana

Beverages:
Coffee/tea,
milk, juice

Oatmeal
Raisins
Cinnamon
Bacon

Beverages:
Coffee/tea,
milk, juice

French toast sticks
Fresh fruit topping
Eggs

Beverages:
Coffee/tea, milk,
juice

Ham Omelet
Toast
Banana

Beverages:
Coffee/tea, milk,
juice

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Meatball sub
Side salad
Mashed potatoes

Beverages:
Water, milk, tea
Dessert:
Apple Crisp

Beef barley soup
Roll & Noodles
Steamed veggies

Beverages:
Water, milk
Dessert:
Cherry cobbler

Ham & cheese
sandwich
Chips
Veggie sticks

Beverages:
Water, tea
Dessert:
Oatmeal cookie

Vegetable beef soup
Crackers
Fresh Fruit

Beverages:
Water, milk
Dessert:
Rice Pudding

Egg salad sandwich
Fruit cup
Side Salad

Beverages:
Water, milk
Dessert:
Ice Cream

Cheeseburger
Baked potato wedges
Coleslaw

Beverages:
Water, milk
Dessert:
Chocolate chip cookie

BLT sandwich
Veggie soup
Fresh Fruit

Beverages:
Water, milk
Dessert:
Fruit sorbet

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Grilled chicken slice
Brussels sprouts
Roll

Beverages:
Water, decaf

Salisbury steak slice
Peas
Brown Rice

Beverages:
Herbal tea, water

Beef roast slice
Carrots
Roll
Fresh fruit

Beverages:
Milk, water

Chicken & dumplings
Mashed potatoes
Steam Veggies

Beverages:
Herbal tea, water

Meatloaf
Gravy
Roasted potatoes
Carrots

Beverages:
Herbal tea, water

Pot roast
Root vegetables
Brown Rice
Fresh Fruit

Beverages:
Herbal tea, water

Light roast chicken
Side salad
Whole-grain bread

Beverages:
Herbal tea, water

DIETITIAN SIGNATURE:

Sample

Week 4

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Low-fat yogurt Franola Fruit Beverages: Coffee/tea, milk, juice	Eggs Wheat toast Peanut butter Banana Beverages: Coffee/tea, milk, juice	Oatmeal Eggs Fruit Beverages: Coffee/tea, milk, juice	Cereal Hard-boiled eggs Beverages: Coffee/tea, milk, juice	Pancakes Fruit topping Sausage Beverages: Coffee/tea, milk, juice	Smoothie bowl Whole grain muffin Beverages: Coffee/tea, milk, juice	Waffles Eggs Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Lentil soup Grilled cheese Fresh fruit Side salad Beverages: Water, milk, tea Dessert: Low-sugar bread pudding	Veggie burger Salad Chips Beverages: Water, milk Dessert: Carrot cake	Cheese quesadilla Brown rice Side veggies Beverages: Water, tea Dessert: Banana pudding	Egg salad Veggie sticks Fruit Mashed potatoes Beverages: Water, milk Dessert: Sugar-free chocolate mousse	Tuna casserole Side salad Roll Corn Beverages: Water, milk Dessert: Vanilla mousse	High protein mac & cheese Peas Sourdough bread Beverages: Water, milk Dessert: Gelatin with whipped topping	Tomato Soup Half turkey sandwich Carrots Beverages: Water, milk Dessert: Pumpkin Pie
D I N N E R	Garlic & herb shrimp Mixed veggies Beverages: Water, decaf	Sight bean chili Salad Beverages: Herbal tea, water	Baked tilapia slice Spinach Beverages: Milk, water	Vegetable lasagna Garlic Bread Beverages: Herbal tea, water	Stuffed peppers Brown rice Beverages: Herbal tea, water	Salmon patties Green beans Beverages: Herbal tea, water	Turkey tetrazzini Broccoli Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 5

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
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 link 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 Eggs Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Turkey sandwich Side salad Chicken noodle soup Beverages: Water, milk, tea Dessert: Key lime pie	Chicken wrap Carrot sticks Dinner roll Beverages: Water, milk Dessert: Coconut cream pie	Chicken & Veggie stir-fry Rice Apple slices Beverages: Water, tea Dessert: Ice cream	Tuna salad sandwich Fresh fruit Corn on the cob Beverages: Water, milk Dessert: Mini whoopie pie	Cheeseburger Sweet potato fries Side salad Beverages: Water, milk Dessert: Shortbread cookie with jam	Pizza slice Side salad Fresh fruit Beverages: Water, milk Dessert: Gingerbread cookie	BLT sandwich Veggie soup Fresh fruit Beverages: Water, milk Dessert: Brownie
D I N N E R	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 Cauliflower Beverages: Herbal tea, water	Baked cod Asparagus Beverages: Herbal tea, water	Ham slice Asparagus Roll Beverages: Herbal tea, water	Roast turkey slice Light veggies Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 6

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Oatmeal with cinnamon Poached eggs Berries Beverages: Coffee/tea, milk, juice	Greek yogurt Granola Banana Beverages: Coffee/tea, milk, juice	Whole grain pancakes Fresh fruit Turkey sausage Beverages: Coffee/tea, milk, juice	Cereal Milk Boiled eggs Apple Beverages: Coffee/tea, milk, juice	Whole wheat toast Avocado Eggs Beverages: Coffee/tea, milk, juice	Veggie omelet Whole grain toast Fresh fruit Beverages: Coffee/tea, milk, juice	Whole grain waffles Fresh fruit Eggs Beverages: Coffee/tea, milk, juice
L U N C H	Grilled chicken salad Whole grain roll Quinoa Beverages: Water, milk, tea Dessert: Sugar-free vanilla pudding	Turkey wrap with veggies Lentil soup Brown rice Beverages: Water, milk Dessert: Low-fat chocolate pudding	Veggie stir-fry with tofu Brown rice Fruit cocktail Beverages: Water, tea Dessert: Chocolate chip cookie	Tuna salad on whole grain Fresh fruit Baked sweet potato Beverages: Water, milk Dessert: Ice cream	Turkey burger Salad Baked fries Beverages: Water, milk Dessert: Tapioca pudding	Pizza slice Side salad Fresh Fruit Beverages: Water, milk Dessert: Baked custard	Chicken noodle soup Side salad Beverages: Water, milk Dessert: Cheesecake
D I N N E R	Baked salmon slice Steamed zucchini Beverages: Water, decaf	Light herb-roasted turkey Spinach Beverages: Herbal tea, water	Grilled tilapia Broccoli Beverages: Milk, water	Pasta primavera with chicken Veggie blend Garlic bread Beverages: Herbal tea, water	Light chicken stir-fry Mixed veggies Beverages: Herbal tea, water	Lemon herb chicken Green beans Roll Beverages: Herbal tea, water	Light roast chicken Broccoli & Cauliflower Roll Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 7

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Grits Scrambled eggs Toast Fruit Beverages: Coffee/tea, milk, juice	Biscuits & gravy with turkey sausage Scrambled eggs Fruit Beverages: Coffee/tea, milk, juice	Pancakes Sausage Fruit Beverages: Coffee/tea, milk, juice	French toast Bacon Orange Beverages: Coffee/tea, milk, juice	Waffles Berries Eggs Beverages: Coffee/tea, milk, juice	Omelet Toast Fresh fruit Beverages: Coffee/tea, milk, juice	Cinnamon roll Fruit Eggs Beverages: Coffee/tea, milk, juice
L U N C H	Meatball sub Side salad Mashed potatoes Beverages: Water, milk, tea Dessert: Angel Food cake with whipped topping	Beef stew Roll Apples Beverages: Water, milk Dessert: Brownie	Grilled cheese Tomato soup Side salad Beverages: Water, tea Dessert: Oatmeal Raisin Cookie	Ham & cheese melt Chips Fresh fruit Beverages: Water, milk Dessert: Chocolate Chip Cookie	Sloppy joe Fries Salad Corn Beverages: Water, milk Dessert: Ice Cream	Chicken pot pie Salad Beverages: Water, milk Dessert: Lemon Bar	Turkey Club Potatoes Carrots Beverages: Water, milk Dessert: Pecan Bar
D I N N E R	Baked macaroni & cheese slice Green beans Beverages: Water, decaf	Light chicken & dumplings Carrots Beverages: Herbal tea, water	Lasagna Side salad Beverages: Milk, water	Pot roast Peas Roll Beverages: Herbal tea, water	Baked ziti with ground turkey Broccoli Beverages: Herbal tea, water	Pork chop Brussels sprouts Roll Beverages: Herbal tea, water	Roast beef slice Light veggies Roll Beverages: Herbal tea, water

DIETITIAN SIGNATURE:

Sample

Week 8

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Yogurt Granola Fruit Beverages: Coffee/tea, milk, juice	Oatmeal Eggs Banana Beverages: Coffee/tea, milk, juice	Whole grain toast Peanut butter Apple Beverages: Coffee/tea, milk, juice	Cereal Milk Hard-boiled eggs Beverages: Coffee/tea, milk, juice	Pancakes Strawberries Sausage link Beverages: Coffee/tea, milk, juice	Smoothie bowl Granola Eggs Beverages: Coffee/tea, milk, juice	Waffles Eggs Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Black bean soup Cornbread Salad Beverages: Water, milk, tea Dessert: Apple Crisp	Lentil loaf Mashed potatoes Peas Roll Beverages: Water, milk Dessert: Peach Cobbler	Cheese & veggie quesadilla Salsa Fruit Beverages: Water, tea Dessert: Coconut cream pie	Bean burrito bowl Fruit Salsa Beverages: Water, milk Dessert: Ice cream	Veggie burger Sweet potato fries Salad Beverages: Water, milk Dessert: Chocolate pudding	Mac & cheese Salad Roll Beverages: Water, milk Dessert: Brownie	Tomato Soup Half turkey sandwich Fruit Cocktail Beverages: Water, milk Dessert: Rainbow sherbet
D I N N E R	Veggie stir-fry slice Mixed veggies Beverages: Water, decaf	Light chickpea curry Spinach Beverages: Herbal tea, water	Baked eggplant Salad Beverages: Milk, water	Chicken stir-fry Brown Rice Beverages: Herbal tea, water	Stuffed bell peppers Fruit cocktail Beverages: Herbal tea, water	Pork Chop Potatoes Green beans Beverages: Herbal tea, water	Roast beef slice Veggie blend Roll Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 9

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Oatmeal Scrambled eggs Fruit Beverages: Coffee/tea, milk, juice	French toast Bacon Fruit Beverages: Coffee/tea, milk, juice	Bagel Cream cheese Eggs Beverages: Coffee/tea, milk, juice	Cereal Milk Eggs Beverages: Coffee/tea, milk, juice	French toast Berries Bacon Beverages: Coffee/tea, milk, juice	Veggie omelet Toast Beverages: Coffee/tea, milk, juice	Pancakes Sausage Beverages: Coffee/tea, milk, juice
L U N C H	Grilled chicken sandwich Side salad Beverages: Water, milk, tea Dessert: Bread pudding	Beef barley soup Roll Carrots Beverages: Water, milk Dessert: Carrot cake	Grilled cheese Tomato soup Side salad Beverages: Water, tea Dessert: Banana pudding	Egg salad Crackers Fruit Beverages: Water, milk Dessert: Chocolate mousse	Cheeseburger Fries Side salad Corn Beverages: Water, milk Dessert: Gelatin with whipped topping	Chicken noodle soup Roll Salad Beverages: Water, milk Dessert: Ice Cream	BLT sandwich Veggie soup Fresh fruit Beverages: Water, milk Dessert: Pumpkin Pie
D I N N E R	Baked tilapia Green beans Brown rice Beverages: Water, decaf	Salisbury steak Peas Roll Beverages: Herbal tea, water	Lemon herb chicken Broccoli Beverages: Milk, water	Vegetable lasagna Garlic bread Beverages: Herbal tea, water	Chicken pot pie Mixed veggies Beverages: Herbal tea, water	Grilled fish Asparagus Roll Beverages: Herbal tea, water	Light pot roast Veggies Roll Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____

Sample

Week 10

	MONDAY, 3-23	TUESDAY, 3-24	WEDNESDAY, 3-25	THURSDAY, 3-26	FRIDAY, 3-27	SATURDAY, 3-28	SUNDAY, 3-29
B R E A K F A S T	Oatmeal Eggs Fruit Beverages: Coffee/tea, milk, juice	Yogurt parfait Granola Banana Beverages: Coffee/tea, milk, juice	Pancakes Fruit Sausage Beverages: Coffee/tea, milk, juice	French toast Berries Eggs Beverages: Coffee/tea, milk, juice	Waffles Fruit Bacon Beverages: Coffee/tea, milk, juice	Omelet bar Toast Fruit Beverages: Coffee/tea, milk, juice	Biscuits & gravy Fruit Beverages: Coffee/tea, milk, juice
L U N C H	Turkey & cheese sandwich Side salad Beverages: Water, milk, tea Dessert: Gingerbread Cookie	Grilled chicken wrap Carrots Chips Beverages: Water, milk Dessert: Coconut cream pie	Cheese & veggie quesadilla Salsa Fruit Beverages: Water, tea Dessert: Chocolate Chip Cookie	Tuna melt Fruit Chips Side salad Beverages: Water, milk Dessert: Boston cream pie	Pizza Side salad Watermelon Beverages: Water, milk Dessert: Ice Cream	Mac & cheese Salad Fruit Beverages: Water, milk Dessert: Key lime pie	Creamy chicken cotato soup Roll Carrots Beverages: Water, milk Dessert: Shortbread cookie with jam
D I N N E R	Roast beef slice Mixed veggies Roll Beverages: Water, decaf	Baked ham Green beans Roll Beverages: Herbal tea, water	Chicken pot pie Mixed veggies Beverages: Milk, water	Pasta with meatballs Garlic bread Beverages: Herbal tea, water	Baked Tilapia Broccoli Roll Beverages: Herbal tea, water	Roast pork slice Peas Roll Beverages: Herbal tea, water	Turkey Roast Stuffing Mixed veggies Beverages: Herbal tea, water
							DIETITIAN SIGNATURE: _____