PantryTec
pantrytec.com

Sample

Week 1

	SUNDAY, 9-27	MONDAY, 9-28	TUESDAY, 9-29	WEDNESDAY, 9-30	THURSDAY, 10-1	FRIDAY, 10-2	SATURDAY, 10-3
BREAKFAST	Oatmeal Scrambled Eggs Toast Fruit 100% Juice	Yogurt Parfait with Fresh Fruit & Granola Eggs 100% Juice	Pancakes Fruit Topping Sausage 100% Juice	Cereal Milk Eggs Orange 100% Juice	French Toast Berries Bacon 100% Juice	Veggie Omelet Toast Fruit Sausage 100% Juice	Waffles Fruit Eggs 100% Juice
LUNCH	Grilled Chicken Sandwich Side Salad Tomato Soup	Turkey & Cheese Wrap Carrot Sticks (A) Vegetable Soup	Chicken & Veggie Stir-fry Brown Rice Baked Sweet Potato (A)	Tuna Salad Sandwich Fresh Fruit Chips Side Salad	Cheeseburger Fries Mixed Green Salad	Pepperoni Pizza Mixed Green Salad Apple Slices	Tomato Soup Turkey Sandwich Fruit Cocktail
DINNER	Baked Cod Green Beans Dinner Roll **Dessert:** Vanilla Pudding	Beef & Veggie Stew Broccoli (A) Dinner Roll **Dessert:** Chocolate Pudding	Roast Pork Buttered Carrots (A) Brown Rice **Dessert:** Chocolate Chip Cookie	Marinara Pasta Meatball Garlic Bread Side Salad **Dessert:** Vanilla Ice Cream	Chicken Pot Pie Vegetable Mix **Dessert:** Fruit Cup	Ham Asparagus Mashed Potatoes **Dessert:** Fruit Cup	Roast Beef Zucchini & Carrots Dinner Roll **Dessert:** Cheesecake

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 2

	SUNDAY, 10-4	MONDAY, 10-5	TUESDAY, 10-6	WEDNESDAY, 10-7	THURSDAY, 10-8	FRIDAY, 10-9	SATURDAY, 10-10
BREAKFAST	Cream of Wheat Poached eggs Toast Apple 100% Juice	Smoothie Bowl Muffin Bacon 100% Juice	Pancakes Fruit Topping Sausage 100% Juice	Waffles Peanut Butter Banana Slices 100% Juice	Omelet Bar Toast Fresh Fruit 100% Juice	Scrambled Eggs Muffin Yogurt with Fruit 100% Juice	Sausage Burrito Fresh Fruit 100% Juice
LUNCH	Chicken Salad Crackers Carrot & Celery Sticks	Egg Salad Sandwich Tomato Soup Fruit	Grilled Cheese French Onion Soup Side Salad	Minestrone Soup Deli Sandwich	Ham & Cheese Melt Vegetable Soup	Sausage Pizza Mixed Green Salad Fresh Fruit	Chicken Noodle Soup Deli Sandwich Side Salad
DINNER	Baked Salmon Mashed Potatoes Zucchini Dinner Roll **Dessert:** Fruit Cup	Turkey Meatloaf Sweet Potato Fries (A) Side Salad **Dessert:** Brownie	Roast Pork Mashed Potatoes Green Beans **Dessert:** Oatmeal Raisin Cookie	Beef Lasagna Side Salad Garlic Bread Fruit **Dessert:** Chocolate Chip Cookie	Fried Chicken Buttered Carrots (A) Coleslaw **Dessert:** Sugar Cookie	Meatballs in Gravy Egg Noodles Peas & Carrots **Dessert:** Lemon Bar	Baked Ham Baked Sweet Potato (A) Green Beans **Dessert:** Pecan Bar

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 3

	SUNDAY, 10-11	MONDAY, 10-12	TUESDAY, 10-13	WEDNESDAY, 10-14	THURSDAY, 10-15	FRIDAY, 10-16	SATURDAY, 10-17
BREAKFAST	Grits Eggs Toast Orange 100% Juice	French Toast Bacon Fresh fruit 100% Juice	Cereal Milk Eggs Fruit 100% Juice	Pancakes Sausage Link Banana 100% Juice	Oatmeal with Cinnamon Raisins Bacon 100% Juice	French Toast Sticks Fresh Fruit Topping Eggs 100% Juice	Ham Omelet Toast Banana 100% Juice
LUNCH	Meatball Sub Side Salad Vegetable Soup	Beef Barley Soup Deli Sandwich Steamed Vegetables	Ham & Cheese Sandwich Chips Veggie Sticks	Vegetable Beef Soup Grilled Cheese Fresh Fruit	Egg Salad Sandwich Fruit Cup Side Salad	Cheeseburger Baked Potato Wedges Coleslaw	BLT Sandwich Vegetable Soup Fresh Fruit
DINNER	Grilled Chicken Brussels Sprouts Dinner Roll **Dessert:** Apple Crisp	Salisbury Steak Broccoli (A) Brown Rice **Dessert:** Cherry Cobbler	Beef Roast Buttered Carrots (A) Dinner Roll Fresh Fruit **Dessert:** Oatmeal Cookie	Chicken & Dumplings Side Salad Steamed Vegetables **Dessert:** Rice Pudding	Meatloaf Gravy Roasted Potatoes Buttered Carrots (A) **Dessert:** Chocolate Chip Cookie	Beef Pot Roast Root Vegetables Brown Rice Fresh Fruit **Dessert:** Vanilla Ice Cream	Roast Chicken Side Salad Quinoa **Dessert:** Fruit Sorbet

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 4

	SUNDAY, 10-18	MONDAY, 10-19	TUESDAY, 10-20	WEDNESDAY, 10-21	THURSDAY, 10-22	FRIDAY, 10-23	SATURDAY, 10-24
BREAKFAST	Low-fat Yogurt Granola Fruit Bacon 100% Juice	Eggs Toast Peanut butter Banana 100% Juice	Oatmeal Eggs Fruit 100% Juice	Cereal Hard-boiled Eggs Sausage 100% Juice	Pancakes Fruit Topping Sausage 100% Juice	Strawberry Banana Smoothie Whole Grain Muffin Bacon 100% Juice	Waffles Eggs Fruit 100% Juice
LUNCH	Lentil Soup Grilled Cheese Fresh Fruit Side Salad	Veggie Cheeseburger Side Salad Chips	Cheese & Bean Quesadilla Salsa Guacamole Corn	Egg Salad Sandwich Veggie Sticks Fruit	Tuna Salad Sandwich Side Salad Carrot Sticks (A)	High Protein Mac & Cheese Veggie Sticks Sourdough Bread	Tomato Soup Turkey Sandwich Buttered Carrots (A)
DINNER	Garlic & Herb Shrimp Mixed Veggie Pasta **Dessert:** Bread Pudding	Beef & Bean Chili Mixed Green Salad Cornbread **Dessert:** Fruit Cup	Baked Tilapia Spinach Brown Rice **Dessert:** Banana Pudding	Vegetable Lasagna Garlic Bread Broccoli (A) **Dessert:** Chocolate Mousse	Stuffed Bell Peppers Brown Rice Broccoli (A) **Dessert:** Chocolate Chip Cookie	Salmon Patties Green Beans Side Salad Dinner Roll **Dessert:** Gelatin with Whipped Topping	Turkey Tetrazzini Broccoli (A) Dinner Roll **Dessert:** Pumpkin Pie

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 5

	SUNDAY, 10-25	MONDAY, 10-26	TUESDAY, 10-27	WEDNESDAY, 10-28	THURSDAY, 10-29	FRIDAY, 10-30	SATURDAY, 10-31
BREAKFAST	Oatmeal Scrambled Eggs Toast Pear 100% Juice	Yogurt Parfait with Fresh Fruit & Granola Bacon 100% Juice	Pancakes Fruit Topping Sausage Link 100% Juice	Cereal Milk Eggs Orange 100% Juice	French Toast Berries Bacon 100% Juice	Veggie Omelet Toast Fruit Sausage 100% Juice	Waffles Eggs Fruit 100% Juice
LUNCH	Turkey Sandwich Side Salad Vegetable Soup	Chicken Wrap Carrot Sticks (A) Dinner Roll	Chicken & Veggie Stir-fry Brown Rice Apple Slices	Tuna Salad Sandwich Fresh Fruit Corn on the Cob	Cheeseburger Sweet Potato Fries (A) Side Salad	Pizza of Choice Side Salad Fresh Fruit Breadstick	BLT Sandwich Vegetable Soup Fresh Fruit
DINNER	Baked Tilapia Brown Rice Buttered Carrots (A) **Dessert:** Key Lime Pie	Light Beef Tips Broccoli (A) Pasta **Dessert:** Fruit Cup	Roast Chicken Green Beans Quinoa Side Salad **Dessert:** **Chocolate Chip Cookie**	Turkey Casserole Cauliflower **Dessert:** Mini Whoopie Pie	Baked Cod Broccoli (A) Fresh Fruit Brown Rice **Dessert:** Shortbread Cookie with Jam	Ham Asparagus Dinner Roll **Dessert:** Gingerbread Cookie	Roast Turkey Mixed California Vegetables Mashed Potatoes **Dessert:** Brownie

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 6

	SUNDAY, 11-1	MONDAY, 11-2	TUESDAY, 11-3	WEDNESDAY, 11-4	THURSDAY, 11-5	FRIDAY, 11-6	SATURDAY, 11-7
BREAKFAST	Oatmeal with Cinnamon Poached Eggs Berries 100% Juice	Greek Yogurt Granola Banana 100% Juice	Whole Grain Pancakes Fresh Fruit Turkey Sausage 100% Juice	Cereal Milk Boiled Eggs Apple 100% Juice	Whole Wheat Toast Avocado Eggs Fresh Fruit 100% Juice	Veggie Omelet Toast Fresh Fruit Sausage 100% Juice	Whole Grain Waffles Fresh Fruit Eggs 100% Juice
LUNCH	Grilled Chicken Salad with Mixed Greens and Veggies Quinoa	Turkey Wrap with Veggies Lentil soup Fruit Cup	Veggie Stir-fry with Tofu Brown Rice Fruit Cocktail	Tuna Salad on Whole Grain Bread Fresh Fruit Baked Sweet Potato (A)	Turkey Burger Side Salad Baked Fries	Pizza of Choice Side Salad Fresh Fruit Breadstick	Vegetable Soup Deli Sandwich Side Salad
DINNER	Baked Salmon Zucchini Dinner Roll **Dessert:** Vanilla Pudding	Herb-roasted Turkey Spinach Egg Noodles **Dessert:** Chocolate Pudding	Grilled Tilapia Broccoli (A) Quinoa **Dessert:** Chocolate Chip Cookie	Pasta Primavera with Chicken Vegetable Blend Garlic Bread **Dessert:** Vanilla Ice Cream	Chicken Stir-fry Vegetable Mix Brown Rice **Dessert:** Fruit Cup	Lemon Herb Chicken Green Beans Dinner Roll Side Salad **Dessert:** Chocolate Chip Cookie	Roast Chicken Broccoli & Cauliflower (A) Dinner Roll **Dessert:** Cheesecake

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

Sample

PantryTec
pantrytec.com

Sample

Week 7

	SUNDAY, 11-8	MONDAY, 11-9	TUESDAY, 11-10	WEDNESDAY, 11-11	THURSDAY, 11-12	FRIDAY, 11-13	SATURDAY, 11-14
BREAKFAST	Grits Scrambled Eggs Bacon Fruit 100% Juice	Biscuits & Gravy with Turkey Sausage Scrambled Eggs Fruit 100% Juice	Pancakes Sausage Fruit 100% Juice	French Toast Bacon Orange 100% Juice	Waffles Berries Eggs 100% Juice	Veggie Omelet Toast Fresh Fruit 100% Juice	Cinnamon Roll Fruit Eggs 100% Juice
LUNCH	Meatball Sub Side Salad Fruit Cup	Beef & Veggie Stew Dinner Roll Apple	Grilled Cheese Tomato Soup Side Salad	Ham & Cheese Melt Carrot Sticks (A) Fresh Fruit	Sloppy Joe Fries Side Salad	Chicken Pot Pie Side Salad	Turkey Club Chips Buttered Carrots (A)
DINNER	Baked Mac & Cheese Green Beans **Dessert:** Angel Food Cake with Whipped Topping	Chicken & Dumplings Buttered Carrots (A) **Dessert:** Brownie	Beef Lasagna Side Salad **Dessert:** Oatmeal Raisin Cookie	Beef Pot Roast Broccoli (A) Dinner Roll **Dessert:** Chocolate Chip Cookie	Baked Ziti with Ground Turkey Broccoli (A) **Dessert:** Fruit Cup	Pork Chop Brussels Sprouts Dinner Roll Apple Sauce **Dessert:** Lemon Bar	Roast Beef Mixed California Vegetables Dinner Roll Side Salad **Dessert:** Pecan Bar

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 8

	SUNDAY, 11-15	MONDAY, 11-16	TUESDAY, 11-17	WEDNESDAY, 11-18	THURSDAY, 11-19	FRIDAY, 11-20	SATURDAY, 11-21
BREAKFAST	Yogurt Granola Fruit Sausage 100% Juice	Oatmeal Eggs Banana Sausage 100% Juice	Toast Peanut Butter Apple Eggs 100% Juice	Cereal Milk Hard-boiled Eggs Toast 100% Juice	Pancakes Strawberries Sausage Link 100% Juice	Smoothie Bowl Granola Eggs 100% Juice	Waffles Eggs Fruit 100% Juice
LUNCH	Black Bean Soup Cornbread Side Salad	Lentil Loaf Mashed Potatoes Broccoli (A) Dinner Roll	Cheese & Chicken Quesadilla Salsa Fruit	Bean & Veggie Burrito Bowl Fruit Salsa	Veggie Cheeseburger Sweet Potato Fries (A) Side Salad	Baked Mac & Cheese Side Salad Dinner Roll Fresh Fruit	Tomato Soup Turkey Sandwich Fruit Cocktail
DINNER	Grilled Chicken Brussels Sprouts Dinner Roll **Dessert:** Apple Crisp	Light Chickpea Curry Spinach Fresh Fruit **Dessert:** Peach Cobbler	Baked Eggplant with Cheese Side Salad Dinner Roll **Dessert:** Coconut Cream Pie	Chicken & Veggie Stir-fry Brown Rice **Dessert:** Vanilla Ice Cream	Stuffed Bell Peppers Fruit Cocktail **Dessert:** Chocolate Pudding	Pork Chop Roasted Potatoes Green Beans **Dessert:** Brownie	Roast Beef Buttered Carrots (A) Dinner Roll **Dessert:** Chocolate Chip Cookie

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample

PantryTec
pantrytec.com

Sample

Week 9

	SUNDAY, 11-22	MONDAY, 11-23	TUESDAY, 11-24	WEDNESDAY, 11-25	THURSDAY, 11-26	FRIDAY, 11-27	SATURDAY, 11-28
BREAKFAST	Oatmeal Scrambled Eggs Fruit 100% Juice	French Toast Bacon Fruit 100% Juice	Bagel with Cream Cheese Eggs Fresh Fruit 100% Juice	Cereal Milk Eggs Fruit 100% Juice	French Toast Berries Bacon 100% Juice	Veggie Omelet Toast Fresh Fruit 100% Juice	Pancakes Sausage Fruit 100% Juice
LUNCH	Grilled Chicken Sandwich Side Salad Carrot Sticks (A)	Beef Barley Soup ½ Deli Sandwich Buttered Carrots (A) Side Salad	Chicken & Veggie Stir-fry Brown Rice Baked Sweet Potato (A)	Egg Salad Sandwich Fruit	Cheeseburger Fries Side Salad	Chicken Noodle Soup Deli Sandwich Side Salad	BLT Sandwich Vegetable Soup Fresh Fruit
DINNER	Baked Tilapia Green Beans Brown Rice **Dessert:** Bread Pudding	Salisbury Steak Broccoli (A) Pasta **Dessert:** Carrot Cake	Lemon Herb Chicken Broccoli (A) Quinoa **Dessert:** Banana Pudding	Vegetable Lasagna Garlic Bread Side Salad **Dessert:** Chocolate Mousse	Chicken Pot Pie Vegetable Mix **Dessert:** Gelatin with Whipped Topping	Grilled Cod Asparagus Dinner Roll **Dessert:** Vanilla Ice Cream	Beef Pot Roast Vegetable Mix Dinner Roll **Dessert:** Pumpkin Pie

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

Sample

PantryTec
pantrytec.com

Sample

Week 10

	SUNDAY, 11-29	MONDAY, 11-30	TUESDAY, 12-1	WEDNESDAY, 12-2	THURSDAY, 12-3	FRIDAY, 12-4	SATURDAY, 12-5
BREAKFAST	Oatmeal Eggs Fruit 100% Juice	Yogurt Parfait with Fresh Fruit & Granola 100% Juice	Pancakes Fruit Sausage 100% Juice	French Toast Berries Eggs 100% Juice	Waffles Fruit Bacon Eggs 100% Juice	Omelet Bar Toast Fruit 100% Juice	Biscuits & Gravy Fruit Sausage 100% Juice
LUNCH	Turkey & Cheese Sandwich Side Salad Fruit	Grilled Chicken Wrap Buttered Carrots (A) Chips Fruit	Cheese & Veggie Quesadilla Salsa Fruit	Tuna Melt Fruit Chips Side Salad	Pizza of Choice Side Salad Watermelon Breadstick	Baked Mac & Cheese Side Salad Fruit	Creamy Chicken Potato Soup Dinner Roll Buttered Carrots (A)
DINNER	Roast Beef Vegetable Mix Mashed Potatoes **Dessert:** Gingerbread Cookie	Baked Ham Green Beans Dinner Roll **Dessert:** Coconut Cream Pie	Chicken Pot Pie Vegetable Mix Dinner Roll **Dessert:** Chocolate Chip Cookie	Pasta with Meatballs Garlic Bread Green Beans **Dessert:** Boston Cream Pie	Baked Tilapia Broccoli (A) Dinner Roll **Dessert:** Chocolate Chip Cookie	Roast Pork Brussels Sprouts Dinner Roll **Dessert:** Key Lime Pie	Turkey Roast Stuffing Vegetable Mix Fruit Cup **Dessert:** Shortbread Cookie with Jam

Beverages: Milk, tea & water offered at every meal

(A) = High in Vitamin A

DIETITIAN SIGNATURE:

_____

Sample