



**WEEK 1**

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
<u>Breakfast</u> Plain Bagel Cream Cheese Smoked Salmon Local Doughnuts & Assorted Danish Cage-Free Hard Boiled Eggs	<u>Breakfast</u> Cage-free Scrambled Eggs Turkey Sausage Cream of wheat Local assorted Danish	<u>Breakfast</u> English Muffin Egg & Cheese Sandwich Turkey Bacon	<u>Breakfast</u> Pan fried Cage free Eggs Turkey Bacon Baked tator tots Cream of Wheat	<u>Breakfast</u> Buttermilk Pancakes Old Fashion Oatmeal Turkey Sausage	<u>Breakfast</u> English Muffin Egg & Cheese Sandwich Fresh Sliced Turkey Ham Cream of Wheat	<u>Breakfast</u> French Toast Turkey Bacon Old Fashion Oatmeal
<u>Lunch</u> Deli Sandwich Fresh Sliced Turkey Ham Cheese	<u>Lunch</u> Macaroni & Cheese Buffalo Chicken Wings Home Made Cream of Broccoli Soup	<u>Lunch</u> Cheese and Pepperoni Pizza Fresh Pop Popcorn Green Peas	<u>Lunch</u> Sloppy Joe Sandwich Fresh Cut Waffles fries	<u>Lunch</u> Roasted Turkey Rice Soup Soft Baked Pretzel All Natural Chicken Nuggets Curly Fries Baked Ziti California Vegetables	<u>Lunch</u> Grilled Fiesta Lime Chicken Fajita Turkey Pastrami With Cole Slaw & Swiss Cheese Pizza Bagel Vegetable Medley	<u>Lunch</u> House Roast Garden Vegetable Soup Chicken & Cheese Quesadilla Tuna Salad Wrap
<u>Dinner</u> House made Spaghetti and Meatballs hand rolled Italian Garlic Bread Chicken Tenders Fresh Steamed green Beans	<u>Dinner</u> Cheese Ravioli With Marinara Grilled Sweet Italian Sausage Roasted Turkey with Red Bliss Mashed Potatoes Fresh Herb Stuffing Cranberry Sauce Fresh Glazed Carrots	<u>Dinner</u> BBQ Grilled Chicken London Broil Classic Grass-fed Beef Burgers All Beef Hot Dogs Mediterranean veggie Burger Fresh Balsamic Pasta Salad Fresh Sliced Watermelon Wedges	<u>Dinner</u> Beef, Macaroni and Tomatoes Summer Squash & Carrots Medley Grilled Cheese Sandwich Penne with Cream Sauce Fresh Diced tomatoes over Pasta Chicken Parmesan Fresh Steamed Corn Bakery Fresh Dinner Rolls	<u>Dinner</u> Chicken Pot Pie Beef and Broccoli Stir Fry fluffy white rice Spaghetti & Marinara	<u>Dinner</u> BBQ Grilled Chicken Classic Grass-fed Beef Burgers All Beef Hot Dogs Mediterranean veggie Burger Fresh Celery & Carrot Sticks Fresh Sliced Watermelon Wedges	<u>Dinner</u> Grilled Chicken Breast Mozzarella Sticks with Marinara Sauce House Made Spaghetti & Meatballs Cheese Tortellini

**Breakfast** includes hormone-free skim or 2% milk from Crescent Creamery, Fresh Fruit from Fresh Point Produce, fresh Danish, New York Style Bagels and Doughnuts from Freihofer's. Healthy Cereals also on the salad bar Yogurt, Granola, hard boiled cage-free eggs and fresh fruit. **Lunch and Dinner** include Salad Bar with Fresh Greens, Fresh Pasta Salad, Quinoa, Fresh Fruit Salad, and Kale. Also served with hormone-free skim or 2% milk.





# WEEK 2

## Day 1

### Breakfast

Scrambled Cage-free eggs  
 Turkey Sausage  
 Home fried Potatoes  
 Fresh Baked Cornbread  
 Cream of Wheat

### Lunch

Fresh Sliced Turkey  
 Cheddar Wrap  
 All Natural Chicken Nuggets  
 Fresh Baby Carrots

### Dinner

Southern Baked Fried Chicken  
 Homemade Meatloaf  
 Country Mashed Potatoes  
 Turkey Gravy

## Day 2

### Breakfast

Cage-free Eggs  
 Cheddar cheese Omelet  
 Turkey Ham  
 Cream of Wheat

### Lunch

Cream of tomato Soup  
 Grilled Cheese  
 Buffalo Chicken Wings  
 Fresh Broccoli

### Dinner

Baked Chicken Tenders  
 Meat Lasagna  
 Five Cheese Lasagna  
 Sautéed Peas & Carrots  
 Italian Garlic Bread

## Day 3

### Breakfast

Belgian Waffles  
 Turkey Bacon  
 Cage-free Eggs  
 Cream of Wheat

### Lunch

Cheese & Pepperoni Pizza  
 Fresh Pop Popcorn  
 Green Peas  
 Grilled Chicken Breast

### Dinner

London Broil  
 Classic Grass-fed Beef Burgers  
 All Beef Hot Dogs  
 Mediterranean veggie Burger  
 Fresh Tortellini  
 Antipasto Salad  
 Fresh Sliced Watermelon Wedges

## Day 4

### Breakfast

Baked French Toast Sticks  
 Hard Boiled Cage-free eggs  
 Hash Brown  
 Old Fashion Oatmeal

### Lunch

Beef tacos  
 Crispy chicken Tacos  
 Vegetarian Refried Beans

Sizzling Vegetables  
 Spanish Rice

### Dinner

Beef & Broccoli Stir Fry  
 Chicken Pot stickers  
 Asian Vegetables Stir Fry  
 House made Spaghetti & Meatballs  
 Grilled chicken Breast

## Day 5

### Breakfast

Croissant Egg & Cheese Sandwich  
 Turkey Sausage  
 Baked Home Fries

### Lunch

Beef Philly Cheese Steak  
 Cheese Ravioli with Marinara  
 Nachos  
 Baked Steak Fries  
 Roasted Vegetables

### Dinner

Classic Grass-fed Beef Burgers  
 Charishan's Spiced Beef ribs  
 All Beef Hot Dogs  
 Mediterranean veggie Burger  
 Fresh Celery & Carrot Sticks  
 Fresh Sliced Watermelon Wedges

## Day 6

### Breakfast

Buttermilk Pancakes  
 Cage-free scrambled Eggs  
 Blueberry Pancakes  
 Turkey Bacon

### Lunch

Fresh Sliced Turkey  
 Cheddar Wrap  
 Classic Cheese Calzone  
 Grilled Chicken  
 Caesar Salad

### Dinner

London Broil  
 Buttered egg Noodles  
 Fresh Broccoli

## Day 7

### Breakfast

Cheddar cheese Omelets  
 Turkey ham  
 French Toast  
 Has Brown

### Lunch

Creamy Tomato Soup with Basil  
 New York Deli Sandwich

### Dinner

Beef Stroganoff with Noodles  
 Cheese & Pepperoni Pizza  
 Caesar Salad  
 Mozzarella Sticks  
 Garden Vegetables

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