

Monday

Tuesday

Wednesday

Thursday

Friday

2

Nutri-Grain Bar
String Cheese
Fruit

3

Cereal
Yogurt
Fruit

4

Muffin
Cheese Cubes
Fruit

5

Pancake & Sausage
Sandwich
Syrup
Fruit

6

Egg, Cheese, & Sausage
Burrito
Salsa
Fruit

9

Chocolate Chip Granola Bar
String Cheese
Fruit

10

Cereal
Yogurt
Fruit

11

Frudel Stick
Cheese Cubes
Fruit

12

Pancake & Sausage
Sandwich
Syrup
Fruit

13

Cheese Omelet
Tri-Tater
Fruit

16

Cinnamon Toast Crunch Bar
String Cheese
Fruit

17

Cereal
Yogurt
Fruit

18

Muffin
Cheese Cubes
Fruit

19

Pancake & Sausage
Sandwich
Syrup
Fruit

20

Egg, Cheese, & Sausage
Burrito
Salsa
Fruit

23

Poptart
String Cheese
Fruit

24

Cereal
Yogurt
Fruit

25

Cinnamon Roll
Cheese Cubes
Fruit

26

Pancake & Sausage
Sandwich
Syrup
Fruit

27

Cheese Omelet
Tri-Tater
Fruit

30

Nutri-Grain Bar
String Cheese
Fruit

31

Cereal
Yogurt
Fruit



"You probably know that exercise is good for your state of mind. But did you know that working out in nature helps to reduce anxiety, among other benefits, even more than going to an indoor gym? Consider skipping the exercise bike and hit some trails to get the best mental bang for your buck." (American Heart Association)

Monday

2
Hamburger on Bun
Sweet Potato Fries
Baked Beans
Mixed Fruit

9
Breaded Chicken
Patty on Bun
Chips & Salsa
Green Beans
Baked Apples

16
BBQ Rib on Bun
French Fries
Green Beans
Applesauce

23
Chicken Cutlet on Bun
Sweet Potato Fries
Broccoli
Applesauce

30
Toasted Ravs
Breaded Cheese Stick
Marinara
Broccoli
Pears

Tuesday

3
Hot Turkey on Bread
Mashed Potatoes w/Gravy
Corn
Peach Crisp

10
Salisbury Steak
w/Brown Gravy
Mashed Potatoes
Peas
Pineapple

17
Chicken Strips
Mashed Potatoes w/Gravy
Peas
Pears

24
Goulash
Salad
Peas
Mixed Fruit

31
Chicken Cutlet
Mashed Potatoes w/Gravy
Corn
Mandarin Oranges

Wednesday

4
Toasted Ravs
Breaded Cheese Stick
Marinara
Broccoli
Mandarin Oranges

11
Corn Dog
French Fries
Baked Beans
Pears

18
11:30 Dismissal
Cold Turkey & Cheese
Sandwich
Chips & Salsa
Raw Veggies
Fruit Cup

25
Pork Tenderloin on Bun
French Fries
Broccoli
Baked Apples

Thursday

5
Sliced Ham
Cheesy Hashbrown Cass.
Green Bean Cass.
Pineapple

12
Beef Tacos
Corn
Applesauce

19
New Orleans Chicken
Over Rice
Egg Roll
Broccoli
Pineapple

26
Chicken Enchiladas
Carrots
Salad
Peaches

Friday

6
Mac & Cheese
California Blend Cass.
Coleslaw
Pears

13
Cheese Pizza
Carrots
Salad
Mixed Fruit

20
Grilled Cheese
Tri-Tater
Baked Beans
Peaches

27
Tuna Casserole
Salad
Peas
Applesauce

