



	Thu 12-29-2016	Fri 12-30-2016	Sat 12-31-2016	Sun 01-01-2017	Mon 01-02-2017	Tue 01-03-2017	Wed 01-04-2017
B R K	2/3 c Hot Cereal 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Cinnamon Toast	1 - Pumpkin-Spice Muffins 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Belgian Waffle 1 oz Breakfast Ham 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Scrambled Egg 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 slice Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Cold Cereal 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 c Sausage Country Gravy/Biscuits 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
D I N	1 - Turkey Salad Sandwich 1/2 c Apricots 3/4 c Garden Pasta Salad 3 oz French Fries 1 - Homemade Ranger Cookie	1 c Blue Ribbon Chili 1/2 c Pears 1/2 c Apple Coleslaw 1 - Whole Grain Bread 1/2 c Ice Cream	2/3 c Chicken Parmesan Dish 1/2 c Fruit Yogurt Parfait 1/2 c Yellow Squash 1 oz Garlic French Bread 3"x 2" pc Pumpkin Bar	1 - Ham Salad Sandwich 1/2 c Grapes 1 - Pickle Spear 1 oz Chips 1/2 c Jello & Whip Cups	1 - Hot Beef Sandwich 1/2 c Citrus Fruit Cup 1/2 c Seasoned Broccoli 1 oz Crackers 1 - Graham Cracker Chocolate Chip Cookie	1 c Chicken Broccoli Soup 1 c Fruity Green Salad 1 - Baked Roll 1/2 c Ice Cream	1/2 c Tuna Salad 1/2 c Assorted Fruit 1/2 c Dill Cucumbers 3 oz French Fries 1 - Homemade Cookie
L U N	3 oz Hamburger Steak/Gravy 1/2 c Sour Cream Potatoes 1/2 c Baby Carrots 1 - Baked Roll	3 oz Cheddar Crumb Fish 1/2 c Rice Orzo Pilaf 1/2 c Peas 1 - Baked Roll	3 oz Cranberry Glazed Turkey Roast 1/3 c Fresh Cooked Yams 1/2 c Oven Roasted Broccoli 1 - Baked Roll	3 oz Yankee Pot Roast 1/2 c Garlic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Peach Pie	1 - Marinated Drum Sticks 1/2 c Fried Rice 1/2 c Stir-Fry Veg 1 - Baked Roll 1/2 c Pear Crisp	3 oz Grilled Pork Chop/Applesauce 1/2 c Baked Yams 1 c Green Salad 1 - Baked Roll	1 c Spaghetti/Meat Marinara Sauce 1 c Green Salad 1 - Crusty Garlic Bread 1 - Chocolate Chip Cookie

Milk offered at every meal

Week 2