

Sep-23

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C
fruit	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C
cereal	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c
bread	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle
protein	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage
special						cook sweet treat	
daycare	cottage cheese peaches	boiled egg milk	whole wheat toast peanut butter	bran muffin milk	fruit cup milk	teddy grahams yogurt	cheerios milk
soup	baked chicken 3oz	tomato soup 3/4c	cowboy calico beans 1/2c	vegetable soup 3/4c	pizza hot dish 1c	chicken philly 4oz pep/oni	roast turkey 3oz, 2T gvy
entrée	mashed potato 1/2c gvy 2tbl	grilled cheese 3oz	baked potato 1/2c	chicken salad 3oz		french fries 1/2c	mashed potato 1/2c
starch	scalloped corn 1/2c		coleslaw 1/2c		lettuce salad 1c	broccoli 1/2c	glazed carrots 1/2c
vegetable	mixed fruit 1/2c	mandarin orange 1/2c	pineapple 1/2c	strawberries/whip 1/2c	fruit cocktail 1/2c	1/2 banana	cranberry sauce 1/4c
fruit	whole wheat roll	wheat/white bread	white/wheat bread	croissant-1	white/wheat bread	hoagie-1	stuffing 1/4c
bread		kuchen 2*2			brownie 2*2		pie-1 slice
dessert		milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee
daycare	peanut butter celery sticks	cheese stick whole grain crackers	mandarin orange whole grain crackers	yogurt fruit cup	cheerios milk	teddy grahams slice cheese	orange slice's milk
soup	cheeseburger 3oz	bbq meatballs 3oz	tuna salad 3oz	turkey burger 4oz	hot ham & cheese 4oz	cabbage roll hotdish 1/2c	hot dog 3oz
entrée	sweet potato fries 1/2c	mashed potato 1/2c	potato chips 1/2c	french fries 1/2c	fried potato onion 1/2c	mashed pot 1/2c	french fries 1/2c
starch	green beans 1/2c	mixed veg 1/2c	cucumber salad 1/2c	diced carrot 1/2c	peas 1/2c	green beans 1/2c	baked beans 1/2c
vegetable	baked apples 1/2c	mango 1/2c	grapes 1/2c	1/2 orange	pears 1/2c	fresh fruit 1/2c	blueberries/whip 1/2c
fruit	hamb bun-1	dinner roll-1	round bread -2	ham bun-1	ham bun-1	whole wheat roll-1	hot dog bun-1
bread							
dessert							
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee
<p>This institution is an equal opportunity provider.</p> <p>Meal times: Breakfast is served from 7am -9am: Lunch/Dinner is served at 11:15am: Supper is served at 5:30 pm</p> <p>Water is provided with all meals along with other choice beverages. Alternatives are available if a resident does not like what is being served.</p> <p>Snacks are served at 3pm, & 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello cookies and ice cream.</p> <p>Daycare will always receive a fruit at a meal instead of dessert.</p>							

Brooke Fuller, RDN, CKD
8-31-23

	Sep-23		WEEK 2				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C
fruit	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C
cereal	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c
bread	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle
protein	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage
special						<i>cook sweet treat</i>	
daycare	cottage cheese peaches	boiled egg milk	whole wheat toast peanut butter	bran muffin milk	fruit cup milk	teddy grahams yogurt	cheerios milk
soup		potato soup 3/4c		wisconsin cheese soup 3/4c			
entrée	country fried steak 3oz	ham salad 3oz	sausage 3oz kraut 3oz	roast beef 3oz	<i>chicken alfredo 1/2c</i>	sloppy joe 3oz	pork roast 3oz, 2T gvy
starch	mashed 1/2c gvy 2tbl		steamed potato 1/2c	lettuce,tom,pickle	<i>bow tie 1/2c</i>	potato chips 1/2c mashed 1/2	mashed potato 1/2c
vegetable	normandy blend 1/2c		beets 1/2c		<i>broccoli 1/2c</i>	3 bean salad 1/2c	malibu blend 1/2c
fruit		apricot 1/2c	mixed fruit 1/2c		<i>blueberries / whip 1/2c</i>		
bread	wheat/white bread-1	croissant-1	pull a part-1	hamb bun	<i>garlic bread-1</i>	hamb bun-1	stuffing 1/4c
dessert	dessert 2x2 fruit			cheese cake/cherry 2x2		pumpkin dessert 2*2	ice cream 1/2c
beverage	milk, juice, coffee	milk, juice, coffee	<i>milk, juice coffee</i>		milk, juice, coffee		milk, juice, coffee
daycare	peanut butter celery sticks	cheese stick whole grain crackers	mandarin orange whole grain crackers	yogurt fruit cup	cheerios milk	whole grain goldfish slice cheese	orange slice's milk
soup							
entrée	salmon 4oz	chicken parmesan 4oz	taco meat 3oz	hot hamb sand 4oz 2t gvy	pizza 1-2 piece	chicken nuggets 4oz	grilled ham & cheese 4oz
starch	boiled potato 1/2c	egg noodles 1/2c	potato rounds 1/2c cheese	mashed potato 1/2c		mac & cheese 1/2c	tator rounds 1/2c
vegetable	peas & carrots 1/2c	green beans 1/2c	lettuce 1c tomato, olives	corn 1/2c	lettuce salad 1c	california blend 1/2c	pea salad 1/2c
fruit	pears 1/2c	fruit cocktail 1/2c	mango 1/2c	mixed fruit 1/2c	peaches 1/2c	1/2 banana	orange 1/2
bread	dinner roll-1	wheat/white bread-2	chips & salsa 1/2c wrap	wheat/white bread-2		wheat/white bread-1	white wheat bread-2
dessert					brownie 2*2		
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice coffee	milk, juice, coffee	milk, juice, coffee
This institution is an equal opportunity provider. Meal times: Breakfast is served from 7am -9am: Lunch/Dinner is served at 11:15am: Supper is served at 5:30 pm Water is provided with all meals. Alternatives are available if a resident does not like what is being served. Snacks are served at 3pm, & 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello cookies and ice cream. Daycare will always receive a fruit at a meal instead of dessert.							

Brook Fuller, RDM.URO
8-31-23

Sep-23

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk fruit cereal bread protein special	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage cook sweet treat	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage
daycare	cottage cheese peaches	boiled egg milk	whole wheat toast peanut butter	bran muffin milk	fruit cup milk	teddy grahams yogurt	cheerios milk
soup entrée starch vegetable fruit bread dessert beverage	beef tator tot hd 1c cheesey broccoli 1/2c grapes 1/2c whole wheat roll dessert 2*2 milk, juice coffee	broccoli cheese soup 3/4 c egg salad 3oz blueberries/whip 1/2c round bread-2 milk, juice coffee	pork chop 3oz mashed potato 1/2c gvy corn 1/2c baked apples 1/2c wheat/white bread-2 milk, juice coffee	knoephla soup 3/4c meat 2oz 1oz cheese lettuce, tomato, pickle mixed fruit 1/2c wheat/white bread-2 milk, juice coffee	lasagna 4*4 lettuce salad 1c mango 1/2c garlic bread -1 oz dessert 2*2 milk, juice coffee	beef philly 4oz peppers/oni side winders 1/2c carrots 1/2c pears 1/2c hoagie bun-1 milk, juice coffee	sliced ham 3 oz augratin potato 1/2c california blend 1/2c strawberries/whip 1/2c hawaiian roll -1 angel food cake milk, juice coffee
daycare	peanut butter apple slices	cheese stick whole grain crackers	applesauce whole grain crackers	yogurt fruit cup	cheerios milk	whole grain goldfish slice cheese	applesauce milk
soup entrée starch vegetable fruit bread dessert beverage	fish 4oz rice pilaf 1/2c carrots 1/2c pineapple salad 1/2c wheat/white bread - 1 milk, juice coffee	breaded chicken 4oz sweet potato 1/2c green beans 1/2c mixed fruit 1/2c wheat/white bread - 1 milk, juice coffee	ham & scalloped potato 1c beets 1/2c apricot 1/2c wheat bread-1 milk, juice coffee	hot beef sand 3oz mashed pot 1/2c peas 1/2c fruited jello 1/2c white/wheat bread milk, juice coffee	bbq chicken shrd sand 3oz potato wedge 1/2c green beans 1/2c 1/2 orange hamb bun-1 milk, juice coffee	s&s meatballs 3oz egg noodles 1/2c mixed veg 1/2c banana 1/2 dinner roll-1 milk, juice coffee	hamburger hotdish 1c corn 1/2c peaches 1/2c wheat bread-1 milk, juice coffee

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Meal times: Breakfast is served from 7am -9am: Lunch/Dinner is served at 11:15am: Supper is served at 5:30 pm

Water is provided with all meals. Alternatives are available if a resident does not like what is being served.

Snacks are served at 3pm, & 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello cookies and ice cream.

Daycare will always receive a fruit at a meal instead of dessert.

Brooklyn, RDN, LKO
8-31-23

Sep-23

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk fruit cereal bread protein special	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage <i>cook sweet treat</i>	Milk 1 C fruit juice 3/4 C hot cereal 1/2 c Cold Cereal 3/4 c toast, pancake, waffle eggs, bacon, sausage
daycare	cottage cheese peaches	boiled egg milk	whole wheat toast peanut butter	bran muffin milk	fruit cup milk	teddy grahams yogurt	cheerios milk
soup entrée starch vegetable fruit bread dessert beverage	pork ribs 3oz bbq baked potato 1/2c squash 1/2c fresh fruit 1/2c corn muffin -1 milk, juice, coffee	chicken noodle soup 3/4c egg salad 3oz peaches 1/2c croissant-1 dessert 2*2 milk, juice, coffee	meat loaf 3oz mashed potato 1/2c scalloped corn 1/2c apricots 1/2c wheat/white bread - 1 milk, juice, coffee	bean & ham soup 3/4c meat 3oz cheese 1oz mixed fruit 1/2c ham bun-1 brownie 2x2 milk, juice, coffee	tomato/meat sauce 1/2c spaghetti 1/2c 7 layer salad mango 1/2 breadstick-1 milk, juice, coffee	chicken thigh 4oz potato rounds 1/2c pea's 1/2c peaches 1/2c hamb bun-1 milk, juice, coffee	hamburger steak 3oz fried potato & onions 1/2c cheesy green beans 1/2c texas toast-1 carmel apple crisp 2*2 milk, juice, coffee
daycare	peanut butter celery sticks	cheese stick whole grain crackers	mandarin oranges whole grain crackers	yogurt fruit cup	cheerios milk	whole grain goldfish slice cheese	sliced oranges milk
soup entrée starch vegetable fruit bread dessert beverage	cheeseburger 3oz french fries 1/2c coleslaw 1/2c baked apples 1/2c hamb bun-1 milk, juice, coffee	chicken strip 3oz sweet potato bs marsh 1/2c cauliflower 1/2c mixed fruit 1/2c texas toast-1 milk, juice, coffee	ham salad 3oz potato chips 1/2c 3 bean salad 1/2c cottage cheese 1/4c fruit crossiant-1 milk, juice, coffee	reuben hotdish 1c beets 1/2c pears 1/2c pull a part-1 milk, juice, coffee	fishwich 3oz augratin pot 1/2c broccoli 1/2c 1/2 orange hamb bun-1 milk, juice coffee	chicken dumpling 3/4c summer sausage 3oz strawberries/whip 1/2c hamb bun-1 milk, juice coffee	turkey hotdish 1c carrots 1/2c 1/2 banana pull a part-1 milk, juice, coffee
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Brooklyn, KDN, KRO
8-31-23

Sep-23		WEEK 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
milk	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C	Milk 1 C
fruit	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C	fruit juice 3/4 C
cereal	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c	hot cereal 1/2 c Cold Cereal 3/4 c
bread	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle	toast, pancake, waffle
protein	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage	eggs, bacon, sausage
special						cook sweet treat	
daycare	cottage cheese peaches	boiled egg milk	whole wheat toast peanut butter	bran muffin milk	fruit cup milk	teddy grahams yogurt	cheerios milk
soup		veg beef 3/4 c		chili 1c		patty melt 3oz	lemmon pepper fish 4oz
entrée	chef or taco salad 3oz	grilled cheese 3oz	shrimp 3oz		chicken leg 3oz	side winders 1/2c	baked potato 1/2c
starch	chips 1/2c		baked potato 1/2c		mac & cheese 1/2c	coleslaw 1/2c	mixed vegetable 1/2c
vegetable	lettuce 1c olives, tomato,		glazed carrot 1/2c		carrots 1/2c		grapes 1/2c
fruit	peaches 1/2c	strawberries 1/2c	mango 1/2c	apricot 1/2c	pineapple 1/2c		dinner roll -1
bread	breadstick-1	whole wheat bread-2	corn muffin-1	corn muffin-1	white/wheat bread-1	rye bread-2	pie-1
dessert	scotcheroo bar 2x2		dessert 2*2			jello salad 1/2c	
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee		milk, juice, coffee
daycare	peanut butter celery sticks	cheese stick whole grain crackers	mandarin oranges whole grain crackers	yogurt fruit cup	cheerios milk	whole grain goldfish slice cheese	orange slices milk
soup		bbq pork sand 3oz	beef meatballs 3oz	polish sausage 3oz	corn dogs 4oz	chicken breast 4oz	salisbury steak 4oz
entrée	chicken & rice hd 1c	potato wedge 1/2c	mashed potato 1/2c	mashed potato 1/2c	french fries 1/2c	mashed pot 1/2c gvy 2tbl	mashed potato 1/2c
starch		coleslaw 1/2c	corn 1/2 c	sauerkraut 1/2c	pea salad 1/2c	pea's & carrots 1/2c	squash 1/2 c
vegetable	green beans 1/2c	1/2 orange	pears 1/2c	peaches 1/2c	mandarin oranges 1/2c	mixed fruit 1/2c	pears 1/2c
fruit	strawberries/whip 1/2c	hamb bun-1	pull a part -1	pullapart-1	white/wheat bread-1	white/wheat bread-1	wheat/white bread
bread	dinner roll-1						
dessert							
beverage	milk, juice, coffee		milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee
<p>This institution is an equal opportunity provider.</p> <p>Meal times: Breakfast is served from 7am -9am: Lunch/Dinner is served at 11:15am: Supper is served at 5:30 pm</p> <p>Water is provided with all meals. Alternatives are available if a resident does not like what is being served.</p> <p>Snacks are served at 3pm, & 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello cookies and ice cream.</p> <p>Daycare will always receive a fruit at a meal instead of dessert.</p>							

Brooklyn Pullen, RDN, LD
8-31-23