

| Fall/Winter                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                       | Oct-26                                |                                       | 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<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>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>Sweet treats</i>                   |                                       |
| daycare                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | cheese stick                          | cheerios                              | peanut butter                         | whole grain crackers                  | banana                                | peanut butter                         | whole grain crackers                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | whole grain crackers                  | milk                                  | whole grain sliced toast              | milk                                  | whole grain crackers                  | apples                                | milk                                  |
| soup                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                       | White Chicken Chili 1 cup             |                                       |                                       |                                       |                                       |
| entrée                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Cheeseburger 4oz                      | County Fried Steak w/Grvy4oz          |                                       | Salisbury Steak 4oz                   | Honey Mustard Chicken 4oz             | Swedish Meatballs 4oz                 | Pit Ham 4oz                           |
| starch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Steak Fries 1/2c                      | Creamy Mashed Pot. 1/2c               |                                       | Baked Potato 1/2c                     | Spring Pasta Salad 1/2c               | Rotini Pasta 1/2c                     | Sweet Pot./Marsh. 1/2c                |
| vegetable                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | lettuce/tom/pickle 1/2c               | Fried Cab. & Onions 1/2c              | Garden Salad Mix 1/2c                 | Creamed Cabbage 1/2c                  | Prince Edward Mix 1/2c                | Normandy Blend 1/2c                   | Cream Peas 1/2c                       |
| fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                       | Fruit Cocktail 1/2c                   |                                       | 1/2 Banana                            |                                       | Peaches 1/2c                          |                                       |
| bread                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Hamburger Bun-1                       |                                       | Pepper/Onion Corn Bread 2x2           | Dinner Roll-1                         |                                       |                                       | Hawaiian Roll-1                       |
| dessert                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Maple Nut Ice-cream 3oz               |                                       | Oreo Fluff 1/2c                       |                                       | Chocolate Pudding 1/2c                |                                       | Lime Jello 1/2c                       |
| beverage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            |
| daycare                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | peanut butter                         | yogurt                                | banana                                | yogurt                                | cheerios                              | cheese stick                          | banana                                |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | apples                                | fruit cup                             | milk                                  | peaches                               | milk                                  | whole grain crackers                  | milk                                  |
| soup                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                       |                                       |                                       |                                       |                                       | Minestrone 8oz                        |
| entrée                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Chicken Alfredo 4oz                   | Tator Tot Hotdish 1c                  | Rope Sausage 4oz                      | Philly Cheesesteak 4oz                | Breaded Fish 4oz                      | Hotdog 4oz                            | Egg Salad Sand. 3oz                   |
| starch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Penne Pasta 1/2c                      |                                       | Sweet Pot w/Apples 1/2c               | Potato Chips 1/2c                     | Baked Wedges 1/2c                     | Onions Rings 1/2c                     |                                       |
| vegetable                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Steam Garlic&Pep. Broc 1/2c           | Peas & Carrots 1/2c                   | Buttered Beets 1/2c                   | Pepper/Onions 1/2c                    | Pea Salad 1/2c                        | Baked Beans 1/2c                      |                                       |
| fruit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Pears 1/2c                            |                                       | Pineapple 1/2c                        |                                       | Blueberries/Whip 1/2c                 |                                       | Baked Apples 1/2c                     |
| bread                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Bread Stick-1                         |                                       |                                       | Hoagie-1                              |                                       | Hotdog Bun-1                          | Croissant-1                           |
| dessert                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                       | Apple Pie 1 Slice                     |                                       | Carrot Cake 2x2                       |                                       | Popsicle 1ea                          |                                       |
| beverage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            |
| <p>This institution is an equal opportunity provider.</p> <p>Meal times: Breakfast is served from 7am-9am; Lunch/Dinner is served at 11:30am; Supper is served at 5:30pm.</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, &amp; 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> <p>May Offer Bread</p> |                                       |                                       |                                       |                                       |                                       |                                       |                                       |





| WEEK 3    |                                       |                                       |                                       |                                       |                                       |                                       |                                       |
|-----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
|           | 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<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>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>Sweet treats</i>                   |                                       |
| daycare   | cheese stick                          | cheerios                              | peanut butter                         | whole grain crackers                  | banana                                | peanut butter                         | whole grain crackers                  |
|           | whole grain crackers                  | milk                                  | whole grain sliced toast              | milk                                  | whole grain crackers                  | apples                                | milk                                  |
| soup      |                                       |                                       | Potato Soup 8oz                       |                                       |                                       |                                       |                                       |
| entrée    | Swiss Steak 4oz                       | Chicken Parm 4oz                      | Ham Cheese 4oz                        | Cheeseburger 4oz                      | County Fried Steak w/Grv4oz           | BBQ Pork Ribs 4oz                     | Meatloaf 4oz                          |
| starch    | Scalloped Potatoes 1/2c               | Fettucine Pasta 1/2c                  |                                       | Steakhouse Pot. Salad 11/2c           | Fried Potatoes 1/2c                   | Rippled Pot. Chips 1/2c               | Garlic Mashed 1/2c                    |
| vegetable | Glazed Carrots 1/2c                   | Key Biscayne Blend 1/2c               | lettuce/tom/pickle 1/2c               | Baked Beans 1/2c                      | Honey Must Pea&Carrot 1/2c            | Tangy Coleslaw 1/2c                   | Cheesy Gr. Beans 1/2c                 |
| fruit     |                                       | Mandarin Oranges 1/2c                 |                                       | Pears 1/2c                            |                                       | Blueberries/Whip 1/2c                 |                                       |
| bread     |                                       |                                       | Croissant-1                           | Hamburger Bun-1                       | Dinner Roll-1                         |                                       | Hawaiian Roll-1                       |
| dessert   | Blueberry Delight 1/2c                |                                       | Rice Crispie Treat 2x2                |                                       | Straw. Ambrosia w/Ban. 1/2c           |                                       | Ooey Gooney Bars 2x2                  |
| beverage  | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            |
| daycare   | peanut butter                         | yogurt                                | banana                                | yogurt                                | cheerios                              | cheese stick                          | banana                                |
|           | apples                                | fruit cup                             | milk                                  | peaches                               | milk                                  | whole grain crackers                  | milk                                  |
| soup      |                                       |                                       |                                       |                                       |                                       |                                       | Ham & Bean Soup 8oz                   |
| entrée    | Tuna Salad Sand. 3oz                  | Bratwurst 4oz                         | Baked Chick. Thighs 4oz               | Pork Cutlet w/Mush 4oz                | Chili 8oz                             | Chicken Philly 4oz                    |                                       |
| starch    | Potato Chips 1/2c                     | Sidewinders 1/2c                      | Sweet Pot w/Apples 1/2c               | Garlic Mashed 1/2c                    |                                       | Mac & Ched Pasta 1/2c                 |                                       |
| vegetable | lettuce/tom/pickle 1/2c               | Sauerkraut1/4c                        | Asparagus 1/2c                        | Cream Peas 1/2c                       | 7-Layer Salad 1/2c                    | Pepper/Onions 1/2c                    | Chef Salad 1/2c                       |
| fruit     | Peaches w/Yogurt 1/2c                 |                                       | Fruit Cocktail 1/2c                   |                                       | 1/2 Banana                            |                                       | Yogurt w/Berries 4oz                  |
| bread     | Round Bread-2                         | Hotdog Bun-1                          |                                       |                                       | Corn Bread-2x2                        | Hoagie-1                              | Saltines                              |
| dessert   |                                       | Cherry Pie 1 slice                    |                                       | S'mores/Brown Icecream 3oz            |                                       | Chocolate/P.B Bars 2x2                |                                       |
| beverage  | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            | Milk, Juice, Water, Coffee            |

This institution is an equal opportunity provider.

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

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.

May Offer Bread



| WEEK 4    |                            |                              |                            |                            |                            |                              |                             |
|-----------|----------------------------|------------------------------|----------------------------|----------------------------|----------------------------|------------------------------|-----------------------------|
|           | 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           | hot cereal 1/2 c             | hot cereal 1/2 c           | hot cereal 1/2 c           | hot cereal 1/2 c           | hot cereal 1/2 c             | hot cereal 1/2 c            |
|           | Cold Cereal 3/4 c          | Cold Cereal 3/4 c            | Cold Cereal 3/4 c          | Cold Cereal 3/4 c          | Cold Cereal 3/4 c          | Cold Cereal 3/4 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>Sweet treats</i>          |                             |
| daycare   | cheese stick               | cheerios                     | peanut butter              | whole grain crackers       | banana                     | peanut butter                | whole grain crackers        |
|           | whole grain crackers       | milk                         | whole grain sliced toast   | milk                       | whole grain crackers       | apples                       | milk                        |
| soup      |                            |                              | Knoephla Soup 8oz          |                            |                            |                              |                             |
| entrée    | Chicken Kiev 4oz           | Pork Cutlet w/Country 4oz    | Ham Salad Sand. 3oz        | BBQ Pulled Pork 4oz        | Honey Mustard Chicken 4oz  | Baked Chix Sandwich 4oz      | Stuffed Bell Peppers 1 per  |
| starch    | Potatoes Au Gratin 1/2c    | Creamy Mashed Pot. 1/2c      |                            | Bacon/Ranch Pasta 1/2c     | Baked Potato 1/2c          | Curly Fries 1/2c             | Mac & Cheese 1/2c           |
| vegetable | Steam Peas Garlic/Pep 1/2c | Scalloped Corn 1/2c          |                            | Baked Beans 1/2c           | Savory Squash Puree 1/2c   | Shred Lettuce & Pickles 1/2c |                             |
| fruit     | Peaches 1/2c               |                              | Pears 1/2c                 |                            | Pears 1/2c                 |                              | Pineapple 1/2c              |
| bread     |                            |                              | Round Bread-2              | Hamburger Bun-1            |                            | Hamburger Bun-1              | Garlic Toast-1              |
| dessert   |                            | Choc. Frost. Yellow Cake 2x2 |                            | Peach Cobbler 2x2          |                            | Lemon Pudding 1/2c           |                             |
| beverage  | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee   | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee   | Milk, Juice, Water, Coffee  |
| daycare   | peanut butter              | yogurt                       | banana                     | yogurt                     | cheerios                   | cheese stick                 | banana                      |
|           | apples                     | fruit cup                    | milk                       | peaches                    | milk                       | whole grain crackers         | milk                        |
| soup      |                            |                              |                            |                            |                            |                              | Chicken & Rice 8oz          |
| entrée    | French Dip w/Au Jus 4oz    | Sausage Gravy 4oz            | Shrimp 4oz                 | Beef Stroganoff 4oz        | Sliced Grilled Chicken 4oz | Meatballs and Gravy          | Turkey & Cheese 4oz         |
| starch    | Sidewinders 1/2c           | Hashbrown Patties-1          | Crinkle Cut Fries 1/2c     | Rotini Pasta 1/2c          | Country Potato Salad 1/2c  | Garlic Mashed 1/2c           |                             |
| vegetable | Pepper/Onions 1/2c         |                              | Creamy Coleslaw 1/2c       | Honey Butter Corn 1/2c     | Lettuce Salad 1/2c         | Cream Peas 1/2c              | Garden Salad Mix 1/2c       |
| fruit     |                            | Mixed Berries/Whip 1/2c      |                            | Baked Apples 1/2c          |                            | Mandarin Oranges 1/2c        |                             |
| bread     | Hoagie-1                   | Bicuit-1                     |                            |                            |                            |                              | Croissant-1                 |
| dessert   | Straw. Jello 1/2c          |                              | Chocolate Mousse 1/2c      |                            | Ice Cream Bar 1 ea         |                              | Straw/Rhubarb Ice-cream 3oz |
| beverage  | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee   | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee | Milk, Juice, Water, Coffee   | Milk, Juice, Water, Coffee  |

This institution is an equal opportunity provider.

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

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.

May Offer Bread

