

# Week at a Glance

Back-to-School  
Week 1

	SUNDAY, 9/10/2023	MONDAY, 9/11/2023	TUESDAY, 9/12/2023	WEDNESDAY, 9/13/2023	THURSDAY, 9/14/2023	FRIDAY, 9/15/2023	SATURDAY, 9/16/2023
<b>Breakfast</b>	<b>Banana Oatmeal Buttermilk Pancakes</b> <b>Breakfast Meat of Choice</b> ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	<b>Scrambled Eggs</b> ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	<b>French Toast with Fruit Topping</b> <b>Breakfast Meat of Choice</b> ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	<b>Cheddar Egg Potato Bake</b> ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	<b>Denver Omelet</b> ♥ Toast ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	♥ Waffles <b>Breakfast Meat of Choice</b> ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf	<b>Brown Sugar Coffee Cake</b> ♥ Choice of Egg ♥ Seasonal Fruit ♥ Hot or Cold Cereal  ♥ Choice of Juice Milk ♥ Coffee / Tea / Decaf
<b>Lunch</b>	♥ Pepper Steak ♥ Rice Medley ♥ Grilled Zucchini ♥ Bread or Roll with Butter or Margarine  <i>Bean and Tortilla Casserole</i> ♥ Mexican Flag Garnish Plate ♥ Grilled Zucchini  <b>Strawberry Rhubarb Pie</b> ♥ Choice of Beverage	♥ Chicken Pot Pie Topped with Puff Pastry ♥ Herbed Whole Green Beans ♥ Bread or Roll with Butter or Margarine  ♥ Zesty Roast Beef <i>Parslied Red Potatoes</i> ♥ Herbed Whole Green Beans ♥ Bread or Roll with Butter or Margarine  ♥ Carrot Poke Cake ♥ Choice of Beverage	♥ Honey Dijon Pork Cutlet Orzo Florentine ♥ Roasted Fresh Beets ♥ Bread or Roll with Butter or Margarine  <i>Krab Cakes</i> Orzo Florentine ♥ Roasted Fresh Beets ♥ Bread or Roll with Butter or Margarine  <b>Fruity Oat Bar</b> ♥ Choice of Beverage	Fettuccine Alfredo with Mushrooms ♥ Fresh Asparagus Spears ♥ Bread or Roll with Butter or Margarine  ♥ Braised Pork Shoulder <i>Potatoes Fried</i> ♥ Fresh Asparagus Spears ♥ Bread or Roll with Butter or Margarine  <b>Tiramisu</b> ♥ Choice of Beverage	Balsamic Glazed Meat Loaf Italian Creamy Potatoes ♥ Seasoned Baby Carrots ♥ Bread or Roll with Butter or Margarine  ♥ Buttermilk Oven Fried Chicken <i>Italian Creamy Potatoes</i> ♥ Seasoned Baby Carrots ♥ Bread or Roll with Butter or Margarine  <b>Butterscotch Blondie</b> ♥ Choice of Beverage	♥ Pecan Crusted Fish Rice Pilaf ♥ Peas and Onions ♥ Bread or Roll with Butter or Margarine  <i>Beef Tips with Gravy</i> Rice Pilaf ♥ Peas and Onions ♥ Bread or Roll with Butter or Margarine  <b>Fruit Crisp</b> ♥ Choice of Beverage	♥ Roasted Turkey Breast Savory Dressing ♥ Sautéed Broccoli Florets ♥ Bread or Roll with Butter or Margarine  <i>Creamy Shrimp Penne</i> ♥ Mixed Salad Greens with Lemon Vinaigrette ♥ Bread or Roll with Butter or Margarine  <b>Bread Pudding with Vanilla Sauce</b> ♥ Choice of Beverage
<b>Dinner</b>	♥ Batter Dipped Fish ♥ Sweet Potato Wedges Cucumber Dill Salad ♥ Bread or Roll with Butter or Margarine  ♥ Turkey Noodle Soup Trio Salad Plate Cucumber Dill Salad ♥ Bread or Roll with Butter or Margarine  <b>Orange Dreamsicle Bar</b> Milk ♥ Coffee / Tea / Decaf	Tortellini with Marinara Sauce ♥ Garlic Roasted Fresh Cauliflower Breadstick with Butter or Margarine  <i>Caramelized Ham and Swiss Buns</i> Green Pea and Red Onion Salad  <b>Fluffy Peanut Butter Pudding</b> Milk ♥ Coffee / Tea / Decaf	Garden Sloppy Joe Sandwich Pickles Steak Fries ♥ Gingered Cabbage Salad  <i>Cream of Celery Soup</i> Chef Turkey Salad with Dressing ♥ Bread or Roll with Butter or Margarine  <b>Double Chocolate Chip Cookie</b> Milk ♥ Coffee / Tea / Decaf	♥ General Tso's Chicken Fried Rice ♥ Sugar Snap Peas Fortune Cookies  ♥ Stuffed Potato with Steak, Cheese and Broccoli ♥ Fresh Fruit Salad ♥ Bread or Roll with Butter or Margarine  <b>Lime Chiffon Dessert</b> Milk ♥ Coffee / Tea / Decaf	♥ Marinated Country Style Ribs Baked Beans Whole Kernel Corn ♥ Bread or Roll with Butter or Margarine  ♥ Luau Kale and White Bean Soup Grilled Vegetable Sandwich ♥ Marinated Tomato Salad  <b>Blueberry Pie</b> Milk ♥ Coffee / Tea / Decaf	<b>Chef's Choice Pizza</b> Tossed Salad with Dressing ♥ Garlic French Bread  <i>Seafood Bisque</i> Greek Salad with Chicken ♥ Bread or Roll with Butter or Margarine  <b>Chocolate Milkshake Cake</b> Milk ♥ Coffee / Tea / Decaf	Swiss Steak with Gravy Mashed Potatoes ♥ Julienne Carrots ♥ Bread or Roll with Butter or Margarine  <i>BBQ Pork 'n Slaw Sandwich</i> Tater Tots  ♥ Tiki-Ambrosia Milk ♥ Coffee / Tea / Decaf
<b>Snack</b>	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice	<b>Snack of Choice</b> ♥ Juice

A heart ♥ on the menu denotes foods that are low in Sugar, low in Salt or No Added Salt, and low in Fat.

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Approved by:  Linda K. Crandall, RD  
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September 2, 2023