






Week: Jan. 12<sup>th</sup> – 18<sup>th</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>						
<ul style="list-style-type: none"> <li>♣ Potato Triangles</li> <li><b>Breakfast Tornado</b></li> <li>♣ Raspberry Chimichanga</li> </ul>	<ul style="list-style-type: none"> <li>♣ Red Skin Potatoes</li> <li>Jumbo Sausage Link</li> <li><b>Scrambled Egg Bar</b></li> <li>♣ Peppers, Onions, Mushrooms &amp; Shredded Cheese</li> <li><b>Breakfast Pizza</b></li> </ul>	<ul style="list-style-type: none"> <li>♣ Tater Tots</li> <li><b>Bagel Toppers</b></li> <li>Tuscan Breakfast Scramble</li> <li>♣ Scrumptious Warm Blueberry Scones</li> </ul>	<ul style="list-style-type: none"> <li>♣ Seasoned Cubes</li> <li>Jumbo Sausage Link</li> <li><b>Egg Bites</b></li> <li>Bagel Breakfast Sandwich</li> <li>♣ French Toast Casserole</li> <li><b>NATIONAL BAGEL DAY</b></li> </ul>	<ul style="list-style-type: none"> <li>♣ Spicy Potatoes</li> <li>O' Brien</li> <li>Smoked Sausage Sausage</li> <li>Gravy/♣ Biscuit</li> <li>Egg White Fold Overs</li> </ul>	<ul style="list-style-type: none"> <li>♣ Seasoned Cubes</li> <li>Jumbo Sausage Link</li> <li>Bacon, Egg &amp; Cheese Scramble</li> <li><b>Breakfast Sandwich</b></li> <li>♣ Warm Cobbler Muffins</li> </ul>	<ul style="list-style-type: none"> <li>♣ Potato Triangles</li> <li>Breakfast Empanada w/Egg, Bacon, Potato, &amp; Cheese</li> <li>Sausage</li> <li>Gravy/♣ Biscuit</li> </ul>
<b>Lunch &amp; Dinner</b>						
<ul style="list-style-type: none"> <li>🚫 Ritz Chicken</li> <li>♥♣ <b>Mashed Potatoes/Gravy</b></li> <li><b>Pecan Crusted Tilapia</b></li> <li><b>Cheeseburger Cooks Choice Soup</b></li> <li>♥♣ Vegetable</li> <li>♣ <b>French Fries</b></li> </ul>	<ul style="list-style-type: none"> <li>Chunky Roast Beef &amp; Cheddar Cheese Sauce</li> <li>♣ Baby Bakers Turkey, Bacon &amp; Muenster cheese on Toasted Pretzel Bun</li> <li>♥ Mediterranean Cod</li> <li>♣ Wild Rice</li> <li>♥♣ Italian Green Beans</li> <li>♣ Seasoned Waffle Fries</li> </ul>	<ul style="list-style-type: none"> <li>🚫 <b>Smothered Chicken</b></li> <li>♥♣ <b>Mashed Potatoes Gravy</b></li> <li><b>Loaded Tater Tot Casserole</b></li> <li>Pizza Crunchers</li> <li>Marinara Sauce</li> <li>♣ Broccoli</li> <li>♣ French Fries</li> </ul>	<ul style="list-style-type: none"> <li><b>Meatball Casserole</b></li> <li>♣ Garlic Bread</li> <li><b>Celtic Chicken Mushroom Gravy</b></li> <li>♣ Spaetzle</li> <li><b>Jumbo Cheese Ravioli</b></li> <li>♥♣ <b>Zucchini Planks</b></li> <li>♣ Tater Tots</li> <li>♣ <b>Fruit Cobbler</b></li> </ul>	<ul style="list-style-type: none"> <li>Philly Steak Tortellini</li> <li>♣ Pull Apart Garlic Bread</li> <li>Spicy Chicken Sandwich</li> <li>Cod Nuggets</li> <li>♣ <b>Roasted Cauliflower</b></li> <li>♣ Spicy Buffalo Potato Wedges</li> <li><b>NATIONAL HOT AND SPICY DAY</b></li> </ul>	<ul style="list-style-type: none"> <li>🚫♥ Everything Parmesan Panko Pork Chops</li> <li>♣ <b>Au gratin Potatoes</b></li> <li>♣ <b>Costal Cod Fish</b></li> <li>♣ <b>White Cheddar Macaroni &amp; Cheese</b></li> <li>♥♣ Honey Garlic Butter Roasted Carrots</li> <li>♣ Seasoned Waffle Fries</li> </ul>	<ul style="list-style-type: none"> <li><b>Taco Bar</b></li> <li>Salisbury Steak</li> <li>♥♣ Mashed Potatoes/Gravy</li> <li>Chicken Tenders</li> <li>♥♣ Vegetable</li> <li>♣ French Fries</li> <li></li> </ul>
<b>Soup of the Day:</b>	<b>Detox "Fresh Start" Chicken Soup</b>	<b>Homemade Beef Tortellini</b>	<b>Stuffed Pepper</b>	<b>Chicken Chili Corn Bread</b>	<b>Cook's Choice</b>	
	♥ <b>Mini Salad Bar</b> 	<b>Taco Bar</b> Seasoned Beef and tortilla chips to make a perfect taco salad. Top it off with your favorite toppings.	♥ <b>Mini Salad Bar</b> 	<b>Buffalo Chicken Pizza Or Classic Cheese Pizza</b>	<b>Chicken Chili Flatbread</b>	

Breakfast Served Daily: Scrambled Eggs, ♣ Morning Star Vegetarian Breakfast Sausage (M-F), Bacon, Sausage, ♣♥ Hot Oatmeal with Toppings (M-F)  
Lunch & Dinner Served Mon-Fri: Hamburgers, Chicken Tenders, Bacon, Fries, 🚫♥ Montreal Grilled Chicken, ♣ Morning Star Vegetarian Burgers

**Week 4** ♥♣ All Plain Vegetables, Rice, and Mashed Potato 🚫 = no antibiotics ever ♥ = Heart Healthy Item ♣ = Vegetarian Item