

OLYMPIC HERITAGE BEHAVIORAL HEALTH

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

PIONEER FOOD SERVICE

31-Mar		1-Apr		2-Apr		3-Apr		4-Apr		5-Apr		6-Apr	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Cheerios	1 c	Oatmeal	1 c	Bran Flakes	1 c	Froot Loops	1 c	Oatmeal	1 c	Cornflakes	1 c
Waffle	2 ea	Frittata	1/2C	Waffle	2 ea	Scram. Eggs	1/2C	Sausage Gravy	1/2 c	Breakfast	1/2C	French Toast	2 sl
T. Sausage links	2 ea			Bacon	2sl	Hash Browns	1/2C	Biscuits	2 ea	Taco		Tur.Saus Patty	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl			Tortilla	2 ea	Marg	2 tsp
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp					Syrup	2oz
Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
										Lentil Soup	8 oz		
T.Ham	3 oz	Meat Loaf W/	3 oz	Chicken Sausage	4 oz	Chili con carne	12 oz	Chicken Alfredo	8 oz	W/ Saltines	2 pak	Hamb Patty	3 oz
Cheese	2 sl	Swiss Cheese	2ea	in Marinara		Shredded cheese	1 oz	Casserol		Bologna	3 oz	W/Cheese,	1 ea
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c					Cheese	2sl	Mayo/Must	1 ea
Potato Chips	1oz	Green Salad	1 c	Italian Veg Mix	1/2C	Capri Veg	1/2c	Brussel Sprouts	1/2 c	Mayo/Mustard	1pk ea	Macaroni &	1/2 c
		Ranch Dressing	1 oz							Baby Carrot**	1/2C	Cheese	
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea	Bread Roll/marg	1ea	Wheat Bread	2 sl	Hamb Bun	1 ea
Mandarins*	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1/2c	Fresh Banana	1 ea	Fresh Orange*	1ea	Mixed Fruit	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
Sloppy Joes	4 oz	Grilled Chicken	3 oz	Salisbury Steak	3.2 oz	Chix teriyaki	3 oz	Fried Steak	4 oz	Chick Cacciatore	4 oz	Breaded Fish	3.6 oz
Pasta Salad	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c	W/Country Gravy	3 oz	Penne Pasta	1 c	Tater Tots	1 c
Green Beans	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Venetian Mix Veg	1/2 c	Mashed Potatoes	1 c	Green Beans	1/2 c	W/Tartar sauce	1 oz
Green Salad	1c	Green Salad	1 c	Carrots	1/2C	Green Salad	1 c	Broccoli Blend	1/2 c	Green Salad	1 c	Capri Veg	1/2 c
Salad Dressing	1oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz	Coleslaw	1/2 c
Ham Bun	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea	Bread/marg	1 ea	Bread/mar	1 ea	Bread Roll/marg	1ea	Bread/marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea	Apricot	1/2C	Pudding	1/2C	Peaches	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

OLYMPIC HERITAGE BEHAVIORAL HEALTH

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE2

PIONEER FOOD SERVICE

7-Apr		8-Apr		9-Apr		10-Apr		11-Apr		12-Apr		13-Apr	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Cornflakes	1 c	Oatmeal	1 c	Cheerios	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea	Cheese	1ea	Pancakes	2ea	Frittata	1/2C
Hash Browns	4 oz			Casserole		Sausage Patty	2 oz	Omelette		Tur.Saus Patty	2 oz		
						Cheese Slice	1 ea						
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea	Wheat Toast	2 sl	Syrup	2oz	Wheat Toast	2 sl
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz	Cranberry Jce*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco						Chef's Salad				Soup of the day	8 oz
T.Salami	3 oz	Taco Meat w/		Turkey Hot Dog	4 oz	Bn&Cheez Burrito	2 ea	T.Ham&Shrd Chz	1oz ea	Sloppy Joes	4 oz	Bologna	3 oz
Cheese	2sl	Black Beans	4 oz	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea	Potato Salad	1/2 c	W/Cheese	2sl
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c	Baby carrot**	1/2 c	Mayo/Mustard	
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c	Tomatoes	2 wdg			Potato Chips	1oz
		Salsa/sour crm	1oz ea	Coleslaw	1/2 c			Salad Dressing	2 oz			Bread	2ea
Wheat Bread	2 sl	Tortilla	2 ea	Hot dog buns	2 ea			Dinner Roll/mar	1 ea	Hamb Bun	1ea		
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1/2 c	Apricot	1/2 c	Mixed Fruit	1/2 c	Mandarins*	1/2 c	Fresh Apple	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz	Salisbury Steak	3.2 oz	Cheeseburger	3 oz	Brd Fish square	3.6 oz
		Rice	1C	Mashed Potatoes	1 c			Mashed Potatoes	1 c	Mayo/mustard	1 ea	W/Tartar Sauce	1 oz
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Capri Veg Mix	1/2 c	W/Brown Gravy	3 oz	Tater tots	1 C	Tater Tots	1C
Scandiavian Veg	1/2 c			Carrots	1/2c	Green Salad	1 c	Brussel Sprouts	1/2 c	Corn	1/2 C	Peas & Carrots	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Salad Dressing	1 oz	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz					Salad Dressing	1 oz		
Bread/marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1ea	Ham Bun	1 ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	1/2 c	Tropical Salad	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.

Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.

*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo

OLYMPIC HERITAGE BEHAVIORAL HEALTH

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE4

PIONEER FOOD SERVICE

21-Apr		22-Apr		23-Apr		24-Apr		25-Apr		26-Apr		27-Apr	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Rice Krispies	1 c	Crispix	1 c	Frosted Flakes	1 c	Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Rice Krispies	1 c
		Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1ea	Egg Patty	1 ea	Pancakes	2 sl	Frittata	1/2C
Sausage Gravy	1/2 c	Hash Browns	1/2C	T.sausage patty	2 oz	Omelette		Sausage Patty	1 ea	Bacon	2 oz		
Biscuits	2 ea							Cheese Slice	1 ea				
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	English Muffin	1 ea	Syrup	2 oz	Wheat Toast	2 sl
		Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Cranberry Jce*	6 oz	Grape Juice*	6 oz	Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
										Chef's Sal			
Chicken noodle		Bn&Cheez Burrito	2 ea	Turkey	3 oz	Tomato Soup	8 oz	Beef Chili	12 oz	T.Ham&Shrd Chz	1oz ea	Creamy Chicken	3 oz
Casserole	8 oz	Spanish Rice	1/2 c	W/Cheese	2ea	W/Saltines	2 pak	Shred Cheese	1/2 oz	Hard boiled egg	1 ea	Rice	1/2 c
		W/Salsa	1oz			Ham	3 oz	Mix Veggies**	1/2 c	Lettuce mix	2 c	Winter Blend	1/2 c
Green Beans	1/2 c	Zucchini	1/2C	Mayo/Mustard	1pk ea	Cheese	2ea			Tomatoes	2 wdg	Biscuit/Marg	1es
				Baby carrot**	1/2C	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz		
Dinner Roll/mar	1 ea			Hoagie Roll	1 ea	Wh Wheat Brd	2 sl			Dinner Roll/mar	1 ea		
Fresh Apple	1ea	Fresh Orange*	1ea	Pear	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea	Pears	1/2 c
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Breaded Fish	3.6 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz	Br.Chicken Patty	3 oz	Shepherds Pie	6 oz	T.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoe and		W/Country Gravy	3 oz	Rice	1 c			w/ Contry Gravy	3oz
Tater Tots	1C	Penne Pasta	1 c	Veg.in stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c
Peas & Carrots	1/2C	Broccoli Blend	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Capri Veg	1/2 c	Baby Carrots**	1/2C
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz			Salad Dressing	1 oz
Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Biscuit/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/marg	1 ea	Bread/marg	1 ea
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c
2% Milk	2 c	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
<p>If necessary due to production or delivery problems, a menu item may be replaced with an item of equal nutritional value.</p> <p>Menu items contain no pork products (except bacon)- turkey ham, bologna, salami, pastrami are used. Sausage is beef, chicken or turkey.</p> <p>*Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo</p>													
<p>Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.</p>													

OLYMPIC HERITAGE BEHAVIORAL HEALTH

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE5

PIONEER FOOD SERVICE

28-Apr		29-Apr		30-Apr		1-May		2-May		3-May	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Toasted Os	1 c	Oatmeal	1 c	Cornflakes	1 c	Oatmeal	1 c	Rice Krispies	1 c	Froot Loops	1 c
French Toast	2 ea	Scram. Eggs	1/2C	Waffle	2 ea	Egg Patty	1 ea	Cheese	1ea	Scram. Eggs	1/2C
		Tater Triangles	2 ea	T. Sausage links	2 oz	Sausage Patty	1 ea	Omelette		Hash Browns	1/2C
						Cheese Slice	1 ea				
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	English Muffin	1 ea	Wheat Toast	2 sl	Wheat Toast	2 sl
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Grape Juice*	1/2 c	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Grape Juice*	6 oz	Cranberry Juice*	6 oz	Apple Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
		Beef Taco				Caesar Salad w/		Soup of the day	8 oz		
Salmon Burger	3 oz	Taco Meat w/		Chix teriyaki	3 oz	Diced Chicken	3 oz	W/ Saltines	2 pak	BBQ Chicken	4 oz
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix	2 c	Bologna	3 oz	Tater Tots	1/2 c
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg	1/2 c	Croutons/Parm	1 oz ea	Cheese	2ea	Corn and Peppers	1/2C
Peas & Carrots	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea		
		Salsa/sour crm	1ozaea			Dinner Roll/marg	1 ea	Baby Carrots**	1/2C	Coleslaw	1/2c
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea			Bread	2 sl	Hamb Bun	1 ea
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Fresh Banana	1ea
2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz	2% MILK	8 oz
Chicken Parmesar	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef	4 oz	Chicken Patty w/	3 oz	Salisbury Steak	4 oz
Marinara&Parmes	1ozaea	W/Potatoe and		W/Tartar Sauce	1 oz	Rice	1C	Gravy	3oz	W/Brown Gravy	3 oz
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Stir Fry Veg	1/2 c	Mashed Potatoes	1 c	Rice	1 c
Zucchini	1/2 c			Peas				Peas & Carrots	1/2C	Capri Veg	1/2 c
Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c	Coleslaw	1/2 c	Green Salad	1 c
Salad Dressing	1 oz	Salad Dressing	1 oz			Salad Dressing	1 oz		1/1 tsp	Salad Dressing	1 oz
bread/marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Bread/Marg	1 ea	Bread/ Marg	1/1 tsp	Bread/marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2 c	Peaches	1/2 c	Cake	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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4-May	
SATURDAY	
Cornflakes	1 c
French Toast	2 ea
Tur.Saus Patty	2 oz
Marg	2 tsp
Syrup	2oz
Orange Juice*	6 oz
2% Milk	8 oz
Turkey Noodle Casserole	8 oz
Italian Veg	1/2 c
Biscuit/Marg	1ea
Pudding	1/2 c
2% MILK	8 oz
T.Ham Steak W/Gravy	3 oz
	3 oz
Scalloped Potatoes	1 c
Mix Veggies	1/2c
Green Salad	1 c
Salad Dressing	1 oz
Bread/marg	1 ea
Tropical Salad	1/2 c
2% Milk	8 oz