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<th>29-Nov</th>
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<tbody>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
<td>SATURDAY</td>
</tr>
<tr>
<td>Rice Krispies 1 c</td>
<td>Cheerios 1 c</td>
<td>Oatmeal 1 c</td>
<td>Bran Flakes 1 c</td>
<td>Froot Loops 1 c</td>
<td>Oatmeal 1 c</td>
<td>Cornflakes 1 c</td>
</tr>
<tr>
<td>Waffle 2 ea</td>
<td>Frittata 1/2C</td>
<td>Waffle 2 ea</td>
<td>Scram. Eggs 1/2C</td>
<td>Sausage Gravy 1/2 c</td>
<td>Breakfast 1/2C</td>
<td>French Toast 2 sl</td>
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<tr>
<td>T. Sausage links 2 ea</td>
<td>Bacon 2 sl</td>
<td>Hash Browns 1/2C</td>
<td>Biscuits 2 ea</td>
<td>Taco</td>
<td>Tur.Saus Patty 1 ea</td>
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<tr>
<td>Marg 2 tsp</td>
<td>Wheat Toast 2 sl</td>
<td>Marg 2 tsp</td>
<td>Wheat Toast 2 sl</td>
<td>Tortilla 2 ea</td>
<td>Marg 2 tsp</td>
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<tr>
<td>Syrup 2 oz</td>
<td>Marg 2 tsp</td>
<td>Syrup 2 oz</td>
<td>Marg 2 tsp</td>
<td>Syrup 2 oz</td>
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<tr>
<td>Cranberry Jce* 6 oz</td>
<td>Orange Juice* 6 oz</td>
<td>Apple Juice* 6 oz</td>
<td>Cranberry Jce* 6 oz</td>
<td>Orange Juice* 6 oz</td>
<td>Apple Juice* 6 oz</td>
<td>Cranberry Jce* 6 oz</td>
</tr>
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<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
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<tr>
<td>Lentil Soup 8 oz</td>
<td>T.Ham 3 oz</td>
<td>Meat Loaf W/ 3 oz</td>
<td>Chicken Sausage 4 oz</td>
<td>Chili con carne 12 oz</td>
<td>Chicken Alfredo 8 oz</td>
<td>W/ Saltines 2 pak</td>
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<tr>
<td>Cheese 2 sl</td>
<td>Swiss Cheese 2 ea</td>
<td>in Marinara</td>
<td>Shredded cheese 1 oz</td>
<td>Casserol</td>
<td>Bologna 3 oz</td>
<td>W/Cheese, 1 ea</td>
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<tr>
<td>Mustard/Mayo 1 ea</td>
<td>Mustard/Mayo 1 ea</td>
<td>Pasta Salad 1/2 c</td>
<td>Capri Veg 1/2c</td>
<td>Brussel Sprouts 1/2 c</td>
<td>Mayo/Mustard 1 pk ea</td>
<td>Macaroni &amp; Cheese 1/2 c</td>
</tr>
<tr>
<td>Potato Chips 1 oz</td>
<td>Green Salad 1 c</td>
<td>Italian Veg Mix 1/2C</td>
<td>Ranch Dressing 1 oz</td>
<td>Baby Carrot** 1/2C</td>
<td>Cheese</td>
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<tr>
<td>Bread 2 sl</td>
<td>Bread 2 sl</td>
<td>Hoagie Roll 1 ea</td>
<td>Cornbread/marg 1 ea</td>
<td>Bread Roll/marg 1 ea</td>
<td>Wheat Bread 2 sl</td>
<td>Hamb Bun 1 ea</td>
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<tr>
<td>Mandarin* 1/2 c</td>
<td>Fresh Apple 1 ea</td>
<td>Fresh Orange* 1 ea</td>
<td>Tropical Mix 1/2c</td>
<td>Fresh Banana 1 ea</td>
<td>Fresh Orange* 1 ea</td>
<td>Mixed Fruit 1/2 c</td>
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<tr>
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<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
</tr>
<tr>
<td>Sloppy Joes 4 oz</td>
<td>Grilled Chicken 3 oz</td>
<td>Salisbury Steak 3.2 oz</td>
<td>Chix teriyaki 3 oz</td>
<td>Fried Steak 4 oz</td>
<td>Chick Cacciatore 4 oz</td>
<td>Breaded Fish 3.6 oz</td>
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<tr>
<td>Pasta Salad 1 c</td>
<td>Brown Rice 1 c</td>
<td>Mashed Potatoes 1 c</td>
<td>Rice 1 c</td>
<td>W/Country Gravy 3 oz</td>
<td>Penne Pasta 1 c</td>
<td>Tater Tots 1 c</td>
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<tr>
<td>Green Beans 1/2 c</td>
<td>Zucchini 1/2c</td>
<td>W/Brown Gravy 3 oz</td>
<td>Venetian Mix Veg 1/2 c</td>
<td>Mashed Potatoes 1 c</td>
<td>Green Beans 1/2 c W/Tartar sauce 1 oz</td>
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<tr>
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<td>Carrots 1/2C</td>
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<td>Coleslaw 1/2 c</td>
<td>Salad Dressing 1 oz</td>
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<td>Pears 1/2 c</td>
<td>Mixed Fruit 1/2 c</td>
<td>Pineapple 1/2c</td>
<td>Pears 1 ea</td>
<td>Apricot 1/2C</td>
<td>Pudding 1/2C</td>
<td>Peaches 1/2 c</td>
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<tr>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
<td>2% Milk 8 oz</td>
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</table>

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.

RECOVERY INNOVATIONS PARKLAND
PIONEER FOOD SERVICE
DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

27-Nov 28-Nov 29-Nov 30-Nov 1-Dec 2-Dec 3-Dec
SATURDAY

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 2 ea 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 Capri Veg 1/2c Brussel Sprouts 1/2 c Mayo/Mustard 1 pk ea Macaroni & Cheese 1/2 c
Potato Chips 1 oz Green Salad 1 c Italian Veg Mix 1/2C 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 1 ea Fresh Orange* 1 ea Tropical Mix 1/2c Fresh Banana 1 ea Fresh Orange* 1 ea 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 Carrots 1/2C Green Salad 1 c Capri Veg 1/2 c
Salad Dressing 1 oz 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 1 ea Bread/marg 1 ea Bread Roll/marg 1 ea Bread/marg 1 ea
Pears 1/2 c Mixed Fruit 1/2 c Pineapple 1/2c Pears 1 ea 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

Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.
## CYCLE 2
### PIONEER FOOD SERVICE

**4-Dec**

<table>
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**5-Dec**

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<td>Mayo/Mustard</td>
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**6-Dec**

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**7-Dec**

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**8-Dec**

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**9-Dec**

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**10-Dec**

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<tbody>
<tr>
<td></td>
<td></td>
<td>8 oz</td>
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</tbody>
</table>

---

### Note

- Beef Taco: T. Salami 3 oz, Taco Meat w/ Black Beans 4 oz, W/Mustard or Mayo 1 oz, Shredded Cheese 1 oz, Salsa or Sour Cream 1 oz, Coleslaw 1/2 c, Green Beans 1/2 c, Baby carrots 1/2 c, Bread 2 ea.
- Fresh Orange: Fresh Apple 1 ea, Pears 1/2 c, Apricot 1/2 c, Mixed Fruit 1/2 c, Mandarin 1/2 c, Fresh Apple 1 ea.
- 2% Milk: 8 oz, 2% Milk 8 oz, 2% Milk 8 oz.

---

### Menu Items

- 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 Rich Source

- Vitamin C rich source
- Vitamin A rich source

### Condiments

Condiments are an average of 1 tsp ea catsup/mustard/mayo.
<table>
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<th>Date</th>
<th>11-Dec</th>
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<tr>
<td><strong>SUNDAY</strong></td>
<td>Froot Loops 1 c</td>
<td>Rice Krispies 1 c</td>
<td>Oatmeal 1 c</td>
<td>Bran Flakes 1 c</td>
<td>Frosted Flakes 1 c</td>
<td>Cheerios 1 c</td>
<td>Oatmeal 1 c</td>
</tr>
<tr>
<td></td>
<td>Sausage Gravy 1/2 c</td>
<td>French Toast 2 ea</td>
<td>Scrambled Eggs 1/2 c</td>
<td>Waffles 2 ea</td>
<td>Frittata 1/2 c</td>
<td>Cheese 1 ea</td>
<td>French Toast 2 sl</td>
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<tr>
<td></td>
<td>Biscuits 2 ea</td>
<td>Bacon 2 ea</td>
<td>Hash Browns 1/2 c</td>
<td>T.Sausage Patty 1 ea</td>
<td>Omelette</td>
<td>T. Sausage links 2 ea</td>
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</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td>Marg 2 tsp</td>
<td>Wheat Toast 2 sl</td>
<td>Marg 2 tsp</td>
<td>Wheat Toast 2 sl</td>
<td>Wheat Toast 2 sl</td>
<td>Marg 2 tsp</td>
<td>Syrup 2 oz</td>
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<td>French Toast 2 ea</td>
<td>Scrambled Eggs 1/2 c</td>
<td>Waffles 2 ea</td>
<td>Frittata 1/2 c</td>
<td>Cheese 1 ea</td>
<td>French Toast 2 sl</td>
</tr>
<tr>
<td></td>
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<td>Bacon 2 ea</td>
<td>Hash Browns 1/2 c</td>
<td>T.Sausage Patty 1 ea</td>
<td>Omelette</td>
<td>T. Sausage links 2 ea</td>
<td></td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
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<td>Wheat Toast 2 sl</td>
<td>Marg 2 tsp</td>
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<td>Wheat Toast 2 sl</td>
<td>Marg 2 tsp</td>
<td>Syrup 2 oz</td>
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<tr>
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<td>French Toast 2 ea</td>
<td>Scrambled Eggs 1/2 c</td>
<td>Waffles 2 ea</td>
<td>Frittata 1/2 c</td>
<td>Cheese 1 ea</td>
<td>French Toast 2 sl</td>
</tr>
<tr>
<td></td>
<td>Biscuits 2 ea</td>
<td>Bacon 2 ea</td>
<td>Hash Browns 1/2 c</td>
<td>T.Sausage Patty 1 ea</td>
<td>Omelette</td>
<td>T. Sausage links 2 ea</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<td>Wheat Toast 2 sl</td>
<td>Wheat Toast 2 sl</td>
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<td>Scrambled Eggs 1/2 c</td>
<td>Waffles 2 ea</td>
<td>Frittata 1/2 c</td>
<td>Cheese 1 ea</td>
<td>French Toast 2 sl</td>
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<tr>
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<td>Bacon 2 ea</td>
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<td>T.Sausage Patty 1 ea</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>Marg 2 tsp</td>
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<td>Wheat Toast 2 sl</td>
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<tr>
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<td>Bacon 2 ea</td>
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<td>T.Sausage Patty 1 ea</td>
<td>Omelette</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td>Marg 2 tsp</td>
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<td>Marg 2 tsp</td>
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<td>Waffles 2 ea</td>
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<tr>
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<td>Bacon 2 ea</td>
<td>Hash Browns 1/2 c</td>
<td>T.Sausage Patty 1 ea</td>
<td>Omelette</td>
<td>T. Sausage links 2 ea</td>
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</tr>
</tbody>
</table>

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

### PIONEER FOOD SERVICE

**DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE**

<table>
<thead>
<tr>
<th>18-Dec</th>
<th>19-Dec</th>
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<th>22-Dec</th>
<th>23-Dec</th>
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<tr>
<td><strong>SUNDAY</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>Rice Krispies</td>
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<td>Cranberry Jce*</td>
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<td>Apple Juice*</td>
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<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
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</table>

**Chef’s Sal**

<table>
<thead>
<tr>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td></td>
</tr>
</tbody>
</table>

**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.
### Pioneer Food Service

**Toasted Os**
- 1 c Oatmeal
- 1 c Cornflakes
- 1 c Oatmeal
- 1 c Rice Krispies
- 1 c Froot Loops

**French Toast**
- 2 ea Scram. Eggs
- 1/2C Waffle
- 2 ea Egg Patty
- 1 ea Cheese
- 1 ea Omelette

**Tater Triangles**
- 2 ea T. Sausage links
- 2 oz Sausage Patty
- 1 ea Cheese Slice

**Omelette**
- 1 ea Cheese

**Waffle**
- 2 ea Scram. Eggs

**Egg Patty**
- 1 ea Cheese

**Egg Patty**
- 1 ea Cheese

**Syrup**
- 2 oz Marg

**Cheese**
- 1 ea Cheese

**Wheat Toast**
- 2 sl Marg

**Wheat Toast**
- 2 sl Marg

**Wheat Toast**
- 2 sl Marg

**Wheat Toast**
- 2 sl Marg

**Cheese Slice**
- 1 ea Cheese

**Cheese Slice**
- 1 ea Cheese

**Syrup**
- 2 oz Marg

**English Muffin**
- 1 ea Wheat Toast

**French Toast**
- 2 ea Scram. Eggs

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

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- 2 tsp Marg

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- 2 tsp Marg

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- 2 tsp Marg

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- 2 tsp Marg

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- 2 tsp Marg

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- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

**Margaritas**
- 2 tsp Marg

### Recovery Innovations Parkland

**Dinner Salads Will Be Delivered On Day Of Service**

**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*

---

**CYCLES 5**

### Pioneer Food Service

<table>
<thead>
<tr>
<th>25-Dec</th>
<th>26-Dec</th>
<th>27-Dec</th>
<th>28-Dec</th>
<th>29-Dec</th>
<th>30-Dec</th>
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<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Wednesday</strong></td>
<td><strong>Thursday</strong></td>
<td><strong>Friday</strong></td>
</tr>
<tr>
<td>Toasted Os</td>
<td>1 c</td>
<td>Oatmeal</td>
<td>1 c</td>
<td>Oatmeal</td>
<td>Rice Krispies</td>
</tr>
<tr>
<td>French Toast</td>
<td>2 ea</td>
<td>Scram. Eggs</td>
<td>1/2C</td>
<td>Waffle</td>
<td>2 ea</td>
</tr>
<tr>
<td>Tater Triangles</td>
<td>2 ea</td>
<td>T. Sausage links</td>
<td>2 oz</td>
<td>Sausage Patty</td>
<td>1 ea</td>
</tr>
<tr>
<td>Marg</td>
<td>2 tsp</td>
<td>Wheat Toast</td>
<td>2 sl</td>
<td>Marg</td>
<td>2 tsp</td>
</tr>
<tr>
<td>French Toast</td>
<td>2 ea</td>
<td>Scram. Eggs</td>
<td>1/2C</td>
<td>Waffle</td>
<td>2 ea</td>
</tr>
<tr>
<td>Syrup</td>
<td>2 oz</td>
<td>Marg</td>
<td>2 tsp</td>
<td>Syrup</td>
<td>2 oz</td>
</tr>
<tr>
<td>Grape Juice*</td>
<td>1/2 c</td>
<td>Cranberry Jce*</td>
<td>6 oz</td>
<td>Orange Juice*</td>
<td>6 oz</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
<tr>
<td>Salmon Burger</td>
<td>3 oz</td>
<td>Taco Meat w/</td>
<td>Chix Teriyaki</td>
<td>3 oz</td>
<td>Diced Chicken</td>
</tr>
<tr>
<td>W/Tartar Sauce</td>
<td>1 oz</td>
<td>Black Beans</td>
<td>4 oz</td>
<td>Rice</td>
<td>1/2 c</td>
</tr>
<tr>
<td>Rice Pilaf</td>
<td>1/2C</td>
<td>Shred cheese</td>
<td>1 oz</td>
<td>Stir Fry Veg</td>
<td>1/2 c</td>
</tr>
<tr>
<td>Peas &amp; Carrots</td>
<td>1/2 c</td>
<td>Shred lettuce</td>
<td>1/2 c</td>
<td>Caesar Dressing</td>
<td>2 oz</td>
</tr>
<tr>
<td>Hamb Bun</td>
<td>1 ea</td>
<td>Tortilla</td>
<td>2 ea</td>
<td>Bread/ Marg</td>
<td>1 ea</td>
</tr>
<tr>
<td>Tropical Salad</td>
<td>1/2 c</td>
<td>Apricot</td>
<td>1/2 c</td>
<td>Pear</td>
<td>1/2 c</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
<tr>
<td>Chicken Parmesan</td>
<td>3 oz</td>
<td>Chicken Stew</td>
<td>12 oz</td>
<td>Breaded Fish</td>
<td>3.6 oz</td>
</tr>
<tr>
<td>Marinara&amp;Parmesan</td>
<td>1 oz</td>
<td>W/Potatoe and</td>
<td>1 oz</td>
<td>W/Tartar Sauce</td>
<td>1 oz</td>
</tr>
<tr>
<td>Penne Pasta</td>
<td>1 c</td>
<td>Veg.in stew</td>
<td>Tater Tots</td>
<td>1C</td>
<td>Stir Fry Veg</td>
</tr>
<tr>
<td>Zucchini</td>
<td>1/2 c</td>
<td>Key West Veg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Salad</td>
<td>1 c</td>
<td>Green Salad</td>
<td>1 c</td>
<td>Coleslaw</td>
<td>1/2 c</td>
</tr>
<tr>
<td>Salad Dressing</td>
<td>1 oz</td>
<td>Salad Dressing</td>
<td>1 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>bread/marg</td>
<td>1 ea</td>
<td>biscuit/Marg</td>
<td>1/1 tsp</td>
<td>Hamb Bun</td>
<td>1 ea</td>
</tr>
<tr>
<td>Pudding</td>
<td>1/2 c</td>
<td>Mandarin*</td>
<td>1/2 c</td>
<td>Pineapple</td>
<td>1/2 c</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
</tbody>
</table>

*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*
<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes</td>
<td>1 c</td>
</tr>
<tr>
<td>French Toast</td>
<td>2 ea</td>
</tr>
<tr>
<td>Tur. Saus Patty</td>
<td>2 oz</td>
</tr>
<tr>
<td>Marg</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Syrup</td>
<td>2 oz</td>
</tr>
<tr>
<td>Orange Juice*</td>
<td>6 oz</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
<tr>
<td>Turkey Noodle</td>
<td>8 oz</td>
</tr>
<tr>
<td>Casserole</td>
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</tr>
<tr>
<td>Pacific Blend</td>
<td>1/2 c</td>
</tr>
<tr>
<td>Biscuit/Marg</td>
<td>1 ea</td>
</tr>
<tr>
<td>Pudding</td>
<td>1/2 c</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
<tr>
<td>T. Ham Steak W/Gravy</td>
<td>3 oz</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>1 c</td>
</tr>
<tr>
<td>Mix Veggies</td>
<td>1/2 c</td>
</tr>
<tr>
<td>Green Salad</td>
<td>1 c</td>
</tr>
<tr>
<td>Salad Dressing</td>
<td>1 oz</td>
</tr>
<tr>
<td>Bread/marg</td>
<td>1 ea</td>
</tr>
<tr>
<td>Tropical Salad</td>
<td>1/2 c</td>
</tr>
<tr>
<td>2% Milk</td>
<td>8 oz</td>
</tr>
</tbody>
</table>