

## Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 1

### PIONEER FOOD SERVICE

Whatcom

| 14-Oct                 |           | 15-Oct                       |             | 16-Oct                  |       | 17-Oct                      |            | 18-Oct                 |       | 19-Oct                   |             | 20-Oct                 |          |
|------------------------|-----------|------------------------------|-------------|-------------------------|-------|-----------------------------|------------|------------------------|-------|--------------------------|-------------|------------------------|----------|
| Monday                 |           | Tuesday                      |             | Wednesday               |       | Thursday                    |            | Friday                 |       | Saturday                 |             | Sunday                 |          |
| Lucky Charms           | 1 c       | Froot Loops                  | 1 c         | Frosted Flakes          | 1 c   | Honey cheerios              | 1 c        | Oatmeal                | 1 c   | Cornflakes               | 1 c         | Raisin Bran            | 1 c      |
|                        |           | Scrambled Eggs               | 2 ea        | Waffles                 | 2 ea  | Cheese                      | 1ea        | Scrambled Eggs         | 2 ea  | Pancakes                 | 2 ea        | Cheese/Omelete         | 1 ea     |
| Sausage Gravy          | 1/2 c     | Hash Browns                  | 1 ea        | T.sausage patty         | 1 ea  | Omelette                    |            | Tater Triangles        | 1 ea  | Bacon                    | 2 sl        | Hashbrown              | 1 ea     |
| Biscuits               | 2 ea      |                              |             |                         |       | Hash Browns                 | 1 ea       |                        |       |                          |             |                        |          |
|                        |           | Wheat Toast                  | 2 sl        | Marg                    | 2 tsp | 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       | Marg                   | 2 tsp    |
| Cranberry Jce*         | 4 oz      | Orange Juice*                | 4 oz        | Apple Juice*            | 4 oz  | Grape Juice*                | 4 oz       | Cranberry Jce*         | 4 oz  | Orange Juice*            | 4 oz        | Apple Juice*           | 4 oz     |
| 1% Milk                | 8 oz      | 1% Milk                      | 8 oz        | 1% Milk                 | 8 oz  | 1% Milk                     | 8 oz       | 1% Milk                | 8 oz  | 1% Milk                  | 8 oz        | 1% Milk                | 8 oz     |
|                        |           |                              |             |                         |       |                             |            |                        |       |                          |             |                        |          |
|                        |           | <b>Beef Taco</b>             |             |                         |       | <b>Chef's Salad</b>         |            |                        |       |                          |             |                        |          |
| Chicken noodle soup    | 1 c       | Taco Meat w/ Black Beans     | 1/2C        | Sloppy Joes Bun         | 1 ea  | Ham&Shrd Chz Hard boiled eg | 1 ea       | Beef hotdog hotdog bun | 1 ea  | Beef Chili W/Shred Chees | 1.5c 1/2 oz | Cheeseburger Mayo/Must | 1ea 1 ea |
| Turkey sandwich        | 2 oz      | Shred cheese                 | 1 oz        | Chips                   | 1 ea  | Lettuce mix                 | 2 c        | w/mustard/mayo         |       | Coleslaw                 | 1 c         | Ketchup                |          |
| Provolone cheese bread | 1 sl 2 sl | Shred lettuce Salsa/sour crm | 1/2 c 1ozea |                         |       | Tomatoes Salad Dressing     | 3 wdg 2 oz | ketchup                | 1 ea  |                          |             | Macaroni & Cheese      | 1/2 c    |
| potato chips           | 1 ea      | Tortilla                     | 1 ea        | Baby carrot**           | 1/2c  | Dinner Roll/marg            | 1 ea       | Chips                  | 1 ea  | Cornbread/marg           | 1 ea        | Hamb Bun               | 1 ea     |
| Apple Slices           | 3 ea      | Apricot                      | 1/2 c       | Pear                    | 1/2 c | Mixed Fruit                 | 1/2 c      | Mandarins*             | 1/2 c | Apricot                  | 1/2 c       | Mixed Fruit            | 1/2 c    |
| 1% Milk                | 8 oz      | 1% Milk                      | 8 oz        | 1% Milk                 | 8 oz  | 1% Milk                     | 8 oz       | 1% Milk                | 8 oz  | 1% Milk                  | 8 oz        | 1% Milk                | 8 oz     |
|                        |           |                              |             |                         |       |                             |            |                        |       |                          |             |                        |          |
| Breaded Fish           | 1ea       | Grilled Chicken              | 1ea         | Beef Stew               | 1.5 C | Fried Steak                 | 1ea        | Breaded chicken        | 1 ea  | Italian Meatballs        | 3 ea        | Ham Steak              | 1 ea     |
| W/Tartar Sauce         | 1 oz      | W/Gravy                      | 3oz         | Potatoe and Veg.in stew |       | W/Country Gra               | 1 c        | w/gravy                |       | Marinara                 | 3oz         | w/ Contry Gravy        | 2 oz     |
| Tater Tots             | 1 c       | Brown Rice                   | 1 c         |                         |       | Potatos                     | 1 c        | Rice                   | 1 c   | Linguine noodle          | 1 c         | Mashed Potato          | 1 c      |
| Peas                   | 1/2c      | Broccoli                     | 1/2 c       |                         |       | Green Beans                 | 1/2c       | California veg blend   | 1/2 c | Country Trio Veg         | 1/2 c       | Baby Carrots**         | 1/2C     |
| Coleslaw               | 1 c       | Green Salad                  | 1 c         | Green Salad             | 1 c   | Coleslaw                    | 2 oz       | Green Salad            | 1 c   | Green Salad              | 1 c         | Green Salad            | 1 c      |
|                        |           | Salad Dressing               | 1 oz        | Salad Dressing          | 1 oz  |                             | 1 cup      | Salad Dressing         | 1 oz  | Salad Dressing           | 1 oz        | Salad Dressing         | 1 oz     |
| roll/Marg              | 1 ea      | roll/ Marg                   | 1/1 tsp     | Biscuit/Marg            | 1 ea  | roll/ Marg                  | 1 ea       | roll/ Marg             | 1 ea  | roll/marg                | 1 ea        | roll/marg              | 1 ea     |
| Peaches                | 1/2 c     | Tropical Salad               | 1/2 c       | Pudding                 | 1/2 c | Pears                       | 1/2 C      | Pineapple              | 1/2 c | Pudding                  | 1/2 c       | Peaches                | 1/2 c    |
| 1% Milk                | 8 oz      | 1% Milk                      | 8 oz        | 1% Milk                 | 8 oz  | 1% Milk                     | 8 oz       | 1% Milk                | 8 oz  | 1% Milk                  | 8 oz        | 1% 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 may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

\*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.

## Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 2

### PIONEER FOOD SERVICE

Whatcom

| 21-Oct          |        | 22-Oct            |        | 23-Oct          |       | 24-Oct              |         | 25-Oct            |         | 26-Oct          |        | 27-Oct         |       |
|-----------------|--------|-------------------|--------|-----------------|-------|---------------------|---------|-------------------|---------|-----------------|--------|----------------|-------|
| MONDAY          |        | TUESDAY           |        | WEDNESDAY       |       | THURSDAY            |         | FRIDAY            |         | SATURDAY        |        | SUNDAY         |       |
| Cheerios        | 1 c    | Oatmeal           | 1 c    | Frosted Flakes  | 1 c   | Raisin Bran         | 1 c     | Oatmeal           | 1 c     | Corn Flakes     | 1 c    | Cheerios       | 1 c   |
| Scrambled Eggs  | 2 ea   | Waffle            | 2 ea   | Breakfast       | 1.5 c | French toast        | 2 sl    | Cheese            | 1ea     | Pancakes        | 2 ea   | Omelte         | 1 ea  |
| Hash Brown patt | 1 ea   | t- Sausage Pattie | 1 ea   | Casserole       |       | Sausage link        | 2ea     | Omelette          |         | Saus Patty      | 1 ea   | Hash Brown     | 1 ea  |
|                 |        |                   |        |                 |       |                     |         | Hasbrown Triangle | 1 ea    |                 |        |                |       |
| Wheat Toast     | 2 sl   | Syrup             | 2 oz   | Wheat Toast     | 2 sl  | Syrup               | 2 oz    | Wheat Toast       | 2 sl    | Syrup           | 2oz    | Wheat toast    | 2 sli |
| Marg            | 2 tsp  | Marg              | 2 tsp  | Marg            | 2 tsp | Marg                | 2 tsp   | Marg              | 2 tsp   | Marg            | 2 tsp  | Marg           | 2 tsp |
| Apple Juice*    | 4 oz   | Grape Juice*      | 4 oz   | Cranberry Jce*  | 4 oz  | Orange Juice*       | 4 oz    | Apple Juice*      | 4 oz    | Cranberry Jce*  | 4 oz   | Apple Juice*   | 4 oz  |
| 1% Milk         | 8 oz   | 1% Milk           | 8 oz   | 1% Milk         | 8 oz  | 1% Milk             | 8 oz    | 1% Milk           | 8 oz    | 1% Milk         | 8 oz   | 1% Milk        | 8 oz  |
|                 |        |                   |        |                 |       |                     |         |                   |         |                 |        |                |       |
|                 |        | <b>Beef Taco</b>  |        |                 |       | <b>Caesar Salad</b> |         |                   |         |                 |        |                |       |
| t- Deli Sanwich | 2oz    | Taco Meat w/      |        | BBQ Chicken     |       | Diced Chicken       | 2 oz    | Beef hotdog       | 1 ea    | Beef Chili      | 1.5c   | Cheeseburger   | 1 ea  |
| Cheese          | 1 sl   | Black Beans       | 1/2C   | sandwich        | 1 ea  | Lettuce Mix         | 2 c     | hotdog bun        | 1ea     | Shred Cheese    | 1/2 oz | Mayo/mustard   | 1 ea  |
| Mayo/Mustard    | 1pk ea | Shred cheese      | 1 oz   | Tator Tots      | 1/2 c | Croutons/Parm       | 1 oz ea | mustard/mayo      | 1 ea    |                 |        | Ketchup        | 1 ea  |
| Potato Chips    | 1 bag  | Shred lettuce     | 1/2 c  | Coleslaw        | 1/2 c | Caesar Dressing     | 2 oz    | ketchup           | 1 ea    | Coleslaw        | 1 c    | Chips          |       |
|                 |        | Salsa/sour crm    | 1oz ea | Bun             | 1     | Dinner Roll/marg    | 1 ea    | macaroni &        | 1/2 C   |                 |        | Baby Carrots   | 1/2 C |
| Wheat Bread     | 2 sl   | Tortilla          | 1 ea   |                 |       |                     |         | cheese            |         | Cornbread/marg  | 1 ea   | Ham Bun        | 1 ea  |
| Fresh Orange*   | 1 ea   | Pineapple         | 1/2 c  | fruit mix       | 1/2 c | Apple Slices        | 1ea     | Mandarins*        | 1/2 c   | Apricot         | 1/2 c  | Pudding        | 1/2 c |
| 1% MILK         | 8 oz   | 1% MILK           | 8 oz   | 1% MILK         | 8 oz  | 1% MILK             | 8 oz    | 1% MILK           | 8 oz    | 1% MILK         | 8 oz   | 1% MILK        | 8 oz  |
|                 |        |                   |        |                 |       |                     |         |                   |         |                 |        |                |       |
| Beef Stew       | 3 oz   | Creamy Chicken    | 1ea    | Sweet and       | 1 ea  | Beef Lasagne        | 12 oz   | Salisbury Steak   | 1ea     | Spagetti &      | 1 C    | Baked chicken  | 1ea   |
| Veg in Stew     |        | Rice              | 1C     | Sour Chicken    | 3oz   |                     |         | Diced potato      | 1 c     | Meatballs       | 3 ea   | gravy          | 2 oz  |
| biscuit         | 1 ea   | Broccoli Blend    | 1/2 c  | Rice/ w Veggies | 1 c   | Country veg bler    | 1/2 c   | W/Brown Gravy     | 3 oz    | Marinaria sauce | 1/2 c  | scallop potato | 1C    |
|                 |        |                   |        |                 |       |                     |         | Green Salad       | 1 c     | Mixed vegetable | 1/2 c  | Vegetable      | 1/2c  |
| Green Salad     | 1 c    | Green Salad       | 1 c    | Green Salad     | 1 c   | Salad Dressing      | 1 oz    | Salad Mix         | 1 c     | Dressing        | 1 oz   | Coleslaw       | 1/2 c |
| Salad Dressing  | 1 oz   | Salad Dressing    | 1 oz   | Salad Dressing  | 1 oz  |                     |         | Dressing          | 1 oz    | Salad           | 1 c    |                |       |
| marg            | 1 ea   | roll/ Marg        | 1 ea   | Roll/ Marg      | 1ea   | roll/marg           | 1 ea    | roll/marg         | 1ea     | Roll/ marg      | 1 ea   | roll/Marg      | 1 ea  |
| Pudding Choc    | 1/2 c  | Mandarins*        | 1/2 c  | Pudding         | 1/2 c | Tropical Fruit      | 1/2 c   | Peaches           | 1/2 cup | Pears           | 1/2 c  | Tropical Salad | 1/2 c |
| 1% Milk         | 8 oz   | 1% Milk           | 8 oz   | 1% Milk         | 1 c   | 1% Milk             | 8 oz    | 1% Milk           | 8 oz    | 1% Milk         | 8 oz   | 1% 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 may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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

## Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 3

### PIONEER FOOD SERVICE

Whatcom

| 28-Oct                 |       | 29-Oct           |         | 30-Oct            |       | 31-Oct              |         | 1-Nov              |       | 2-Nov           |        | 3-Nov              |       |
|------------------------|-------|------------------|---------|-------------------|-------|---------------------|---------|--------------------|-------|-----------------|--------|--------------------|-------|
| Monday                 |       | Tuesday          |         | Wednesday         |       | Thursday            |         | Friday             |       | Saturday        |        | Sunday             |       |
| Cheerios               | 1 c   | Oatmeal          | 1 c     | Cornflakes        | 1 c   | Rice Krispies       | 1 c     | Oatmeal            | 1 c   | Froot Loops     | 1 c    | Cornflakes         | 1 c   |
| French Toast           | 2 ea  | Scram. Eggs      | 2 ea    | Waffle            | 2 ea  | Omelete/cheese      | 1 ea    | Scrambled eggs     | 2 ea  | cheese          |        | breakfast Sand     | 1 ea  |
| Sausage links          | 2 ea  | Tater Triangles  | 1 ea    | Sausage links     | 2 ea  | Hash Browns         | 1 ea    | T-sausage patty    | 1 ea  | omelette        | 1 ea   | English Muffin     | 1 ea  |
|                        |       |                  |         |                   |       |                     |         |                    |       | Hashbrowns      | 1 ea   |                    |       |
| Marg                   | 2 tsp | Wheat Toast      | 2 sl    | Marg              | 2 tsp | Wheat Toast         | 2 sl    | Wheat Toast        | 2 sl  | Ketchup         | 1ea    | Marg               | 1 tsp |
| Syrup                  | 2 oz  | Marg             | 2 tsp   | Syrup             | 2 oz  | Marg                | 2 tsp   | Marg               | 2 tsp | Marg            | 2 tsp  |                    |       |
| Grape Juice*           | 4 oz  | Cranberry Jce*   | 4 oz    | Orange Juice*     | 4 oz  | Apple Juice*        | 4 oz    | Orange Juice*      | 4 oz  | Apple Juice*    | 4 oz   | Orange Juice*      | 4 oz  |
| 1% Milk                | 8 oz  | 1% Milk          | 8 oz    | 1% Milk           | 8 oz  | 1% Milk             | 8 oz    | 1% Milk            | 8 oz  | 1% Milk         | 8 oz   | 1% Milk            | 8 oz  |
|                        |       |                  |         |                   |       |                     |         |                    |       |                 |        |                    |       |
| <b>Soup of the day</b> | 1C    | <b>Beef Taco</b> |         |                   |       | <b>Caesar Salad</b> |         |                    |       |                 |        |                    |       |
| W/ Saltines            | 2 pak | Taco Meat w/     |         | Breaded Fish      | 1ea   | Diced Chicken       | 2 oz    | Beef hotdog        | 1 ea  | Beef Chili      | 1.5c   | Cheeseburger       | 1ea   |
| Turkey Meat            | 2oz   | Black Beans      | 1/2C    | W/Tartar Sauce    | 1 oz  | Lettuce Mix         | 2 c     | hotdog bun         | 1ea   | W/Shred Chees   | 1/2 oz | Hamb Bun           | 1 ea  |
| Cheese                 | 1oz   | Shred cheese     | 1 oz    | Tater Tots        | 1 c   | Croutons/Parm       | 1 oz    | w/mustard/mayo     |       |                 |        | Ketchup/Mustard    | 1 ea  |
| Mustard/Mayo           | 1 ea  | Shred lettuce    | 1/2 c   | Coleslaw          | 1 c   | Caesar Dressing     | 2 oz    | ketchup            | 1 ea  | Coleslaw        | 1 c    | Macaroni &         | 1/2 c |
| Baby Carrots**         | 1/2c  | Salsa/sour crm   | 1ozea   |                   |       | Dinner Roll/marg    | 1 ea    | Chips              |       | Cornbread/marg  | 1 ea   | Cheese             |       |
| Bread                  | 2 sl  | Tortilla         | 1 ea    | Hamburger Bun     | 1 ea  |                     |         |                    |       |                 |        |                    |       |
| Fresh Orange*          | 1ea   | Pineapple        | 1/2 c   | Peaches           | 1/2 c | Apple Slices        | 1ea     | Mandarins*         | 1/2 c | Apricot         | 1/2 c  | Mixed Fruit        | 1/2 c |
| 1% MILK                | 8 oz  | 1% MILK          | 8 oz    | 1% MILK           | 2 c   | 1% MILK             | 8 oz    | 1% MILK            | 8 oz  | 1% MILK         | 8 oz   | 1% MILK            | 8 oz  |
|                        |       |                  |         |                   |       |                     |         |                    |       |                 |        |                    |       |
| Chicken Parmesar       | 1 ea  | Chicken Alfredo  | 1ea     | Chicken Teriyaki  | 3 oz  | Spagetti &          | 1.5c    | Salisbury Steak    | 1ea   | Grilled Chicken | 1.5c   | Ham Steak          | 1 ea  |
| Marinara&Parmes        | 1ozea | Linguine         | 1 c     | Rice mixed Veggie | 1 c   | Meatballs           | 3       | W/Brown Gravy      | 3 oz  | W/Potatoe and   | 1/2 c  | W/Gravy            | 2 oz  |
| Penne Pasta            | 1 c   | Broccoli         | 1/2c    |                   |       | Marinaria sauce     | 1/2 c   | Mashed Potato      | 1 c   | Chicken Gravy   | 2 oz   | Scalloped Potatoes | 1 c   |
| Zucchini               | 1/2 c |                  |         |                   |       | Vegetables          | 1/2 cup | Country trio blend | 1/2 c | Broccoli        | 1/2 c  | Mix Veggies        | 1/2c  |
| Green Salad            | 1 c   | Salad            | 1 c     | Salad             | 1 c   | Salad               | 1 cup   | Green Salad        | 1 c   | Green Salad     | 1 c    | Green Salad        | 1 c   |
| Salad Dressing         | 1 oz  | Dressing         | 1 oz    | Dressing          | 1oz   | Dressing            | 1 oz    | Salad Dressing     | 1 oz  | Salad Dressing  | 1 oz   | Salad Dressing     | 1 oz  |
| Roll/margarine         | 1 ea  | roll/ Marg       | 1/1 tsp | Roll              | 1 ea  | Roll/ marg          | 1 ea    | roll/marg          | 1 ea  | Roll/margarine  | 1ea    | roll/marg          | 1 ea  |
| Pudding Choc           | 1/2 c | Peaches          | 1/2 c   | Pears             | 1/2 c | Pears               | 1/2 c   | Pudding Vanilla    | 1/2 c | Mandarins*      | 1/2 c  | Tropical Salad     | 1/2 c |
| 1% Milk                | 8 oz  | 1% Milk          | 8 oz    | 1% Milk           | 8 oz  | 1% Milk             | 8 oz    | 1% Milk            | 8 oz  | 1% Milk         | 8 oz   | 1% 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 may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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

## Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 4

### PIONEER FOOD SERVICE

Whatcom

| 4-Nov           |       | 5-Nov            |       | 6-Nov              |       | 7-Nov               |        | 8-Nov           |       | 9-Nov            |        | 10-Nov             |       |
|-----------------|-------|------------------|-------|--------------------|-------|---------------------|--------|-----------------|-------|------------------|--------|--------------------|-------|
| Monday          |       | Tuesday          |       | Wednesday          |       | Thursday            |        | Friday          |       | Saturday         |        | Sunday             |       |
| Rice Krispies   | 1 c   | Oatmeal          | 1 c   | Raisin Bran Flakes | 1 c   | Froot Loops         | 1 c    | Oatmeal         | 1 c   | Cheerios         | 1 c    | Cornflakes         | 1 c   |
| Waffle          | 2 ea  | Cheese Omelete   | 1 ea  | Pancake            | 2 ea  | Sausage/gravy       | 1 c    | Scram.Eggs      | 1 ea  | Breakfast        |        | French Toast       | 2 sl  |
| Sausage links   | 2 ea  | Hash Browns      | 1 ea  | Bacon              | 2sl   |                     |        | Hash brown      | 1 ea  | buritto          | 1 ea   | T-Saus Patty       | 1 ea  |
| Marg            | 2 tsp | Wheat Toast      | 2 sl  | Marg               | 2 tsp | Biscuit             | 1 ea   | Wheat toast     | 2 sli | Salsa            | 2oz    | Marg               | 2 tsp |
| Syrup           | 2 oz  | Marg             | 2 tsp | Syrup              | 2 oz  | Marg                | 2 tsp  | Marg            | 1tsp  |                  |        | Syrup              | 2oz   |
| Orange Juice*   | 4 oz  | Grape Juice*     | 4 oz  | Cranberry Juice*   | 4 oz  | Orange Juice        | 4 oz   | Apple Juice*    | 4 oz  | Cranberry Juice  | 4 oz   | Grape Juice        | 4 oz  |
| 1% Milk         | 8 oz  | 1% Milk          | 8 oz  | 1% Milk            | 8 oz  | 1% Milk             | 8 oz   | 1% Milk         | 8 oz  | 1% Milk          | 8 oz   | 1% Milk            | 8 oz  |
|                 |       |                  |       |                    |       |                     |        |                 |       |                  |        |                    |       |
|                 |       | <b>Beef Taco</b> |       |                    |       | <b>Chef's Salad</b> |        |                 |       |                  |        |                    |       |
| Ham Sandwich    | 2 oz  | Taco Meat w/     |       | Salmon Patty       | 1ea   | Ham&Shrd Chz        | 1oz ea | Beef hotdog     | 1 ea  | Beef Chili       | 1.5c   | Cheeseburger       | 1ea   |
| Swiss Cheese    | 1 sl  | Black Beans      | 1/2C  | Ham Bun            | 1 ea  | Hard boiled egg     | 1 ea   | hotdog bun      | 1ea   | Shred Cheese     | 1/2 oz |                    |       |
| Mustard/Mayo    | 1 ea  | Shred cheese     | 1 oz  | Coleslaw           | 1/2c  | Lettuce mix         | 2 c    | mustard/mayo    |       | Cornbread/marg   | 1 ea   | Mayo/Must          | 1 ea  |
| Potato Chips    | 1oz   | Shred lettuce    | 1/2 c |                    |       | Tomatoes            | 3 wdg  | ketchup         | 1 ea  | Coleslaw         | 1 c    | Macaroni &         | 1/2 c |
|                 |       | Salsa/sour crm   | 1oz   | Tartar sauce       | 1oz   | Salad Dressing      | 2 oz   | Chips           | 1 ea  |                  | 1 oz   | Cheese             |       |
| Bread           | 2 sl  | Tortilla         | 1 ea  |                    |       | Dinner Roll/mar     | 1 ea   |                 |       |                  |        | Hamb Bun           | 1 ea  |
| Mandarins*      | 1/2 c | Pineapple        | 1/2 c | Fresh Orange*      | 1ea   | Mixed Fruit         | 1/2 c  | Mandarins*      | 1/2 c | Fruit mix        | 1/2 c  | Mixed Fruit        | 1/2 c |
| 1% Milk         | 8 oz  | 1% Milk          | 8 oz  | 1% Milk            | 8 oz  | 1% Milk             | 8 oz   | 1% Milk         | 8 oz  | 1% Milk          | 8 oz   | 1% Milk            | 8 oz  |
|                 |       |                  |       |                    |       |                     |        |                 |       |                  |        |                    |       |
| Italian Sausage | 1 ea  | Grilled Chicken  | 1ea   | Salisbury Steak    | 1ea   | Chix teriyaki       | 1/2 c  | Fried Steak     | 1 ea  | Chick Cacciatore | 1 ea   | Chicken Noodle     |       |
| Liguine pasta   | 1 c   | Brown Rice       | 1 c   | Mashed Potatoes    | 1 c   | Rice/w..Veggies     | 1 c    | W/Country Gravy | 3 oz  | Penne Pasta      | 1 c    | Cassorole          | 1.5 c |
| Corn            | 1/2 c | Zucchini         | 1/2c  | W/Brown Gravy      | 3 oz  |                     |        | Mashed Potatoes | 1 c   | Green Beans      | 1/2 c  | Country trio blend | 1/2 c |
| Marinara Sauce  | 4 oz  | Green Salad      | 1 c   | Green Beans        | 1/2c  |                     |        | Broccoli Blend  | 1/2 c |                  |        |                    |       |
| Green Salad     | 1 c   | Green Salad      | 1 c   | Green Salad        | 1 c   | Green Salad         | 1 c    | Green Salad     | 1 c   | Green Salad      | 1 c    | Green Salad        | 1 c   |
| Dressing        | 1 oz  | Salad Dressing   | 1 oz  | Dressing           | 1 oz  | Salad Dressing      | 1 oz   | Dressing        | 1 oz  | Salad Dressing   | 1 oz   | Dressing           | 1 oz  |
| Roll/Marg       | 1 ea  | Roll/ Marg       | 1 ea  | Roll/marg          | 1ea   | Roll/marg           | 1 ea   | Roll/mar        | 1 ea  | Roll/marg        | 1ea    | Roll/marg          | 1 ea  |
| Pudding Choc    | 1/2 c | Mixed Fruit      | 1/2 c | Pears              | 1/2C  | Pineapple           | 1/2 c  | Apricot         | 1/2c  | Pudding Vanilla  | 1/2c   | Peaches            | 1/2 c |
| 1% Milk         | 8 oz  | 1% Milk          | 8 oz  | 1% Milk            | 8 oz  | 1% Milk             | 8 oz   | 1% Milk         | 8 oz  | 1% Milk          | 8 oz   | 1% 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 may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

\*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.

## Telecare Sedeo-Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 5

### PIONEER FOOD SERVICE

Whatcom

| 11-Nov             |       | 12-Nov           |       | 13-Nov         |       | 14-Nov              |         | 15-Nov          |       | 16-Nov            |        | 17-Nov         |       |
|--------------------|-------|------------------|-------|----------------|-------|---------------------|---------|-----------------|-------|-------------------|--------|----------------|-------|
| Monday             |       | Tuesday          |       | Wednesday      |       | Thursday            |         | Friday          |       | Saturday          |        | Sunday         |       |
| Froot Loops        | 1 c   | Oatmeal          | 1 c   | Frosted Flakes | 1 c   | Bran Flakes         | 1 c     | Oatmeal         | 1 c   | Cheerios          | 1 c    | Rice Krispies  | 1 c   |
| Sausage Gravy      | 1/2 c | French Toast     | 2ea   | Scrambled Eggs | 2 ea  | Waffles             | 2 ea    | Cheese Omelete  | 1 ea  | Cheese            | 1ea    | breakfast      |       |
| Biscuits           | 2 ea  | Bacon            | 2ea   | Hash Browns    | 1 ea  | T.Sausage Patty     | 1 ea    | Tator Triangles |       | Omelette          |        | sandwich       | 1 ea  |
|                    |       | Marg             | 2 tsp | Wheat Toast    | 2 sl  | Marg                | 2 tsp   | Wheat Toast     | 2 sl  | Wheat Toast       | 2 sl   | Marg           | 2 tsp |
|                    |       | Syrup            | 2 oz  | Marg           | 2 tsp | Syrup               | 2 oz    | Marg            | 2 tsp | Marg              | 2 tsp  |                |       |
| Orange Juice*      | 4 oz  | Grape Juice*     | 4 oz  | Orange Juice*  | 4 oz  | Cranberry Juice*    | 4 oz    | Grape Juice*    | 4 oz  | Apple Juice*      | 4 oz   | Orange Juice*  | 4 oz  |
| 1% Milk            | 8 oz  | 1% Milk          | 8 oz  | 1% Milk        | 8 oz  | 1% Milk             | 8 oz    | 1% Milk         | 8 oz  | 1% Milk           | 8 oz   | 1% Milk        | 8 oz  |
|                    |       |                  |       |                |       |                     |         |                 |       |                   |        |                |       |
| <b>Soup of Day</b> | 1 c   | <b>Beef Taco</b> |       |                |       | <b>Cher's Salad</b> |         |                 |       |                   |        |                |       |
| T- meat Sandwich   | 1 ea  | Taco Meat w/     |       | Beef Tamale    | 1 ea  | Chicken, ham        | 1oz ea  | BBQ Chicken     | 1 ea  | Beef Chili        | 1.5c   | Cheeseburger   | 1ea   |
| w/Cheese           | 1 oz  | Black Beans      | 1/2C  | Spanish Rice   | 1/2 c | Hard-boiled egg     | 1 ea    | Tater Tots      | 1/2 c | Shred Cheese      | 1/2 oz |                |       |
| Mustard/Mayo       | 1 ea  | Shred cheese     | 1 oz  | W/Salsa        | 2 oz  | Tomatoes            | 3 wdg   | Hamb Bun        | 1 ea  |                   |        | Mayo/Must      | 1 ea  |
| Baby Carrot Sticks | 1/2 c | Shred lettuce    | 1/2 c | corn           | 1/2 c |                     |         |                 |       | Coleslaw          | 1 c    | Macaroni &     | 1/2 c |
|                    |       | Salsa/sour crm   | 1oza  |                |       | Salad Mix/dres      | 2c/2z   |                 |       |                   | 1 oz   | Cheese         |       |
| WH Bread           | 2 sl  | Tortilla         | 1 ea  |                |       | Bread/ Marg         | 1/1 tsp |                 |       | Cornbread/marg    | 1 ea   | Hamb Bun       | 1 ea  |
| Apple Slices       | 1/2 c | Pineapple        | 1/2 c | Apricot        | 1/2 c | Fresh Orange*       | 1ea     | Tropical Mix    | 1/2 c | Apricot           | 1/2 c  | Mixed Fruit    | 1/2 c |
| 1% MILK            | 8 oz  | 1% MILK          | 8 oz  | 1% MILK        | 8 oz  | 1% MILK             | 8 oz    | 1% MILK         | 8 oz  | 1% MILK           | 8 oz   | 1% MILK        | 8 oz  |
|                    |       |                  |       |                |       |                     |         |                 |       |                   |        |                |       |
| Sweet and          |       | Fried Steak      | 1ea   | Creamy Chicken | 1 ea  | Meatballs in        | 3 ea    | Spagetti &      | 1.5c  | Chicken Parmesan/ | 1 ea   | Beef-Broccoli  | 1/2 c |
| Sour Chicken       | 1/2 c | Country Gravy    | 3 oz  | Penne Pasta    | 1 C   | Brown gravy         | 3 oz    | Bolognese Sauce | 4 oz  | Marinara&Parmesan | 4 oz   | Rice           | 1 c   |
| Rice/w Veggies     | 1 c   | Mashed potato    | 1 c   | Broccoli       | 1/2 c | Rice                | 1 c     | Mixed Veggies   | 1/2 c | Penne Pasta       | 1 c    |                |       |
|                    |       | Zucchini         | 1/2 c |                |       | Scandiavian Veg.    | 1/2 c   |                 |       | Mixed vegetable   | 1/2 c  |                |       |
| Green Salad        | 1 c   | Green Salad      | 1 c   | Green Salad    | 1 c   | Coleslaw            | 1/2 c   | Salad           | 1 c   | Green Salad       | 1 c    | Green Salad    | 1 c   |
| Salad Dressing     | 1 oz  | Salad Dressing   | 1 oz  | Ranch Dressing | 1 oz  |                     |         | Dressing        | 1 oz  | Salad Dressing    | 1 oz   | Salad Dressing | 1oz   |
| Roll/ Marg         | 1ea   | Roll/ Marg       | 1ea   | Roll/mar       | 1 ea  | Roll/marg           | 1ea     | Roll/ marg      | 1 ea  | Roll/marg         | 1 ea   | Roll/ marg     | 1 ea  |
| Pudding            | 1/2 c | Mandarins*       | 1/2 c | Peaches        | 1/2 c | Apricot             | 1/2c    | Pears           | 1/2 c | Pudding           | 1/2 c  | Mixed Fruit    | 1/2 c |
| 1% Milk            | 1 c   | 1% Milk          | 8 oz  | 1% Milk        | 8 oz  | 1% Milk             | 8 oz    | 1% Milk         | 8 oz  | 1% Milk           | 8 oz   | 1% 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 may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

\*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.