

MDC

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE1

PIONEER FOOD SERVICE

| 5-Jan | | 6-Jan | | 7-Jan | | 8-Jan | | 9-Jan | | 10-Jan | | 11-Jan | |
|------------------|-------|-----------------|-------|-------------------|--------|-----------------|-------|-----------------|-------|------------------|--------|----------------|--------|
| 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 | 3 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 | Casserole | | 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 Blend | 1/2C | Capri Veg Mix | 1/2c | Brussel Sprouts | 1/2 c | Mayo/Mustard | 1pk ea | Macaroni & | 1/2 c |
| | | Salad 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 | Stir Fry 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 Mix | 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 | Green Salad | 1 c |
| | | | | | | | | | | | | Salad Dressing | 1 oz |
| 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

MDC

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE2

PIONEER FOOD SERVICE

| 12-Jan | | 13-Jan | | 14-Jan | | 15-Jan | | 16-Jan | | 17-Jan | | 18-Jan | |
|-----------------|--------|----------------|--------|-----------------|-------|------------------|-------|---------------------|--------|----------------|-------|-----------------|--------|
| 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 | 1 ea | Omelette | | Tur.Saus Patty | 1 ea | | |
| | | | | | | 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 | Saltine Cracker | 2ea |
| Potato Chips | 1oz | Shred lettuce | 1/2 c | Cheese | 1/2C | Green Beans | 1/2 c | Tomatoes | 2 wdg | | | Mayo/Mustard | 1ea |
| | | Salsa/sour crm | 1oz ea | Coleslaw | 1/2 c | | | Salad Dressing | 2 oz | | | Potato Chips | 1oz |
| Wheat Bread | 2 sl | Tortilla | 2 ea | Hot dog buns | 2 ea | | | Dinner Roll/mar | 1 ea | Hamb Bun | 1ea | Bread | 2ea |
| 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 |
| Riviera Veg Mix | 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 | Coleslaw | 1/2 c | Salad Dressing | 1 oz | Coleslaw | 1/2 c | Green Salad | 1 c | Green Salad | 1 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

MDC

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE3

PIONEER FOOD SERVICE

| 19-Jan | | 20-Jan | | 21-Jan | | 22-Jan | | 23-Jan | | 24-Jan | | 25-Jan | |
|----------------------|-------|--------------------|--------|-----------------|-------|------------------|---------|------------------|--------|-------------------|--------|-------------------|---------|
| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| Froot Loops | 1 c | Rice Krispies | 1 c | Oatmeal | 1 c | Bran Flakes | 1 c | Frosted Flakes | 1 c | Cheerios | 1 c | Oatmeal | 1 c |
| Sausage Gravy | 1/2 c | French Toast | 2ea | Scrambled Eggs | 1/2C | Waffles | 2 ea | Frittata | 1/2C | Cheese | 1ea | French Toast | 2 sl |
| Biscuits | 2 ea | Bacon | 2ea | Hash Browns | 1/2C | T.Sausage Patty | 1 ea | | | Omelette | | T. Sausage links | 2 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 | Syrup | 2 oz |
| Orange Juice* | 6 oz | Cranberry Juice* | 6 oz | Orange Juice* | 6 oz | Apple Juice* | 6 oz | Cranberry Juice* | 6 oz | Apple Juice* | 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 |
| | | | | | | | | | | | | | |
| | | | | | | Chop Chop Salad | | | | Beef Taco | | | |
| Meat Loaf Sand | 3 oz | Pastrami | 3 oz | Beef Tator Tot | 4 oz | Chicken, ham | 1oz ea | BBQ Chicken | 4 oz | Taco Meat W/ | | Chix teriyaki | 3 oz |
| w/Cheese | 2ea | Swiss Cheese | 2ea | Casserole | | Hard-boiled egg | 1 ea | Tater Tots | 1/2 c | Black Beans | 4 oz | Rice | 1/2 c |
| Mustard/Mayo | 1 ea | Wh Grain Bread | 2 sl | California Veg | 1/2C | Tomatoes | 2 wdg | Corn and Peppers | 1/2C | Shred cheese | 1 oz | Stir Fry Mix | 1/2 c |
| California veg blend | 1/2 c | Mayo/Mustard | 1pk ea | | | Shred Carrot | 1/4C | | | Salsa/sour crm | 1oz ea | | |
| | | Baby carrot** | 1/2 c | | | Salad Mix/dres | 2c/2z | Coleslaw | 1/2 c | Shred lettuce | 1/2 c | | |
| Bread | 2ea | | | Bread Roll/Marg | 1ea | Bread/ Marg | 1/1 tsp | Hamb Bun | 1 ea | Tortilla | 2 ea | Bread/ Marg | 1/1 tsp |
| Mixed Fruit | 1/2 c | Fresh Apple | 1ea | Pear | 1/2 c | Fresh Orange* | 1ea | Tropical Mix | 1/2 c | Pineapple | 1 ea | Mandarins* | 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 |
| | | | | | | | | | | | | | |
| Sweet and | | Fried Steak | 4 oz | | | Swedish Meatb | 3 oz | Beef Chili | 12 oz | Chicken Parmesan/ | 3 oz | Turkey Hot Dog | 4oz-2ea |
| Sour Chicken | 4 oz | W/Country Gravy | 3 oz | Creamy Chicken | 3 oz | in Country Gravy | | Shred Cheese | 1/2 oz | Marinara&Parmesan | 1oz ea | W/Mustard/Mayo | 2 ea |
| Rice | 1 c | Scalloped Potatoes | 1 c | Penne Pasta | 1 c | Rice | 1 c | Cornbread/ Marg | 1 ea | Penne Pasta | 1 c | Macaroni & Cheese | 1 c |
| Stir Fry Mix | 1/2 c | Zucchini | 1/2 c | Italian Veg | 1/2c | Scandiavian Veg. | 1/2 c | Mix Veg Mix | 1/2 c | Brussel Sprouts | 1/2 c | Country Mix ** | 1/2 c |
| Green Salad | 1 c | Coleslaw | 1/2 c | Green Salad | 1 c | Coleslaw | 1/2 c | | | Green Salad | 1 c | Green Salad | 1 c |
| Salad Dressing | 1 oz | | | Salad Dressing | 1 oz | | | Green Salad | 1 c | Salad Dressing | 1 oz | Salad Dressing | 1 oz |
| Bread/ Marg | 1ea | Bread/ Marg | 1ea | Bread/mar | 1 ea | Bread/marg | 1ea | Salad Dressing | 1 oz | Bread/marg | 1 ea | Hot dog buns | 2 ea |
| Pudding | 1/2 c | Mandarins* | 1/2 c | Pineapple | 1/2 c | Apricot | 1/2C | Peaches | 1/2 c | Pears | 1/2 c | Mixed Fruit | 1/2 c |
| 2% Milk | 1 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 |

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.

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MDC

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE4

PIONEER FOOD SERVICE

| 26-Jan | | 27-Jan | | 28-Jan | | 29-Jan | | 30-Jan | | 31-Jan | | 1-Feb | |
|---|--------|------------------|---------|-----------------|--------|-----------------|-------|----------------------|--------|-----------------|--------|-----------------|-------|
| 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 | 1 ea | Omelette | | Sausage Patty | 1 ea | Bacon | 2 sl | | |
| 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 | Broccoli 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 | Ranch 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 | Shepherd's 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 Mix | 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 |
| | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |

MDC

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE5

PIONEER FOOD SERVICE

| 2-Feb | | 3-Feb | | 4-Feb | | 5-Feb | | 6-Feb | | 7-Feb | | 8-Feb | |
|---|-------|-----------------|---------|------------------|--------|------------------|---------|------------------|---------|------------------|--------|--------------------|-------|
| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
| Toasted Os | 1 c | Oatmeal | 1 c | Cornflakes | 1 c | Oatmeal | 1 c | Rice Krispies | 1 c | Froot Loops | 1 c | Cornflakes | 1 c |
| French Toast | 2 ea | Scram. Eggs | 1/2C | Waffle | 2 ea | Egg Patty | 1 ea | Cheese | 1ea | Scram. Eggs | 1/2C | French Toast | 2 ea |
| | | Tater Triangles | 2 ea | T. Sausage links | 2 ea | Sausage Patty | 1 ea | Omelette | | Hash Browns | 1/2C | Tur.Saus Patty | 1 ea |
| | | | | | | 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 | Marg | 2 tsp |
| Syrup | 2 oz | Marg | 2 tsp | Syrup | 2 oz | Marg | 2 tsp | Marg | 2 tsp | Marg | 2 tsp | Syrup | 2oz |
| 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 | Orange 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 | | | | 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 pk | BBQ Chicken | 4 oz | Turkey Noodle | 8 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 | Casserole | |
| Rice Pilaf | 1/2C | Shred cheese | 1 oz | Stir FryMix | 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 | | | Italian Veg | 1/2 c |
| | | Salsa/Sour Crm | 1oza | | | 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 | Biscuit/Marg | 1ea |
| Tropical Salad | 1/2 c | Apricot | 1/2 c | Pear | 1/2 c | Fresh Apple | 1ea | Fresh Orange* | 1ea | Fresh Banana | 1ea | Pudding | 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 |
| | | | | | | | | | | | | | |
| Chicken Parmesar | 3 oz | Chicken Stew | 12 oz | Breaded Fish | 3.6 oz | Broccoli Beef | 4 oz | Chicken Patty w/ | 3 oz | Salisbury Steak | 3.2 oz | T.Ham Steak | 3 oz |
| Marinara&Parmes | 1oza | W/Potatoe and | | W/Tartar Sauce | 1 oz | Rice | 1C | Gravy | 3oz | W/Brown Gravy | 3 oz | W/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 | Scalloped Potatoes | 1 c |
| Zucchini | 1/2 c | | | Peas | | | | Peas & Carrots | 1/2C | Capri Veg Mix | 1/2 c | Mix Veggies | 1/2c |
| Green Salad | 1 c | Green Salad | 1 c | Coleslaw | 1/2 c | Green Salad | 1 c | Coleslaw | 1/2 c | Green Salad | 1 c | Green Salad | 1 c |
| Salad Dressing | 1 oz | Salad Dressing | 1 oz | | | Salad Dressing | 1 oz | | 1/1 tsp | Salad Dressing | 1 oz | 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 | 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 | 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 |
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| *Vitamin C rich source **Vitamin A rich source Condiments are an average of 1 tsp ea catsup/mustard/mayo | | | | | | | | | | | | | |