

Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Cycle 1

PIONEER FOOD SERVICE

Whatcom

12-May Monday		13-May Tuesday		14-May Wednesday		15-May Thursday		16-May Friday		17-May Saturday		18-May 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
		Beef Taco				Chef's Salad							
Chicken noodle soup	1 c	Taco Meat w/		Sloppy Joes	1 Cup	Ham&Shrd Chz	1oz ea	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
		Black Beans	1/2C	Bun	1 ea	Hard boiled egg	1 ea	hotdog bun	1ea	W/Shred Chees	1/2 oz	Mayo/Must	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	1 sl	Shred lettuce	1/2 c			Tomatoes	3 wdg	ketchup	1 ea			Macaroni &	1/2 c
bread	2 sl	Salsa/sour crm	1oz ea	Baby carrot**	1/2c	Salad Dressing	2 oz	Chips	1 ea			Cheese	
potato chips	1 ea	Tortilla	1 ea			Dinner Roll/marg	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		W/Country Gra	1 c	w/gravy		Marinara	3oz	w/ Contry Gravy	2 oz
Tater Tots	1 c	Brown Rice	1 c	Veg.in stew		Tater Tots	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

19-May		20-May		21-May		22-May		23-May		24-May		25-May	
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
		Beef Taco				Caesar Salad							
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	1oza	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	1/2 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

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Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 3

PIONEER FOOD SERVICE

Whatcom

26-May		27-May		28-May		29-May		30-May		31-May		1-Jun	
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	
French Toast	2 ea	Scram. Eggs	2 ea	Waffle	2 ea	Omelete/cheese	1 ea	Scrambled eggs	2 ea	cheese		breakfast Sand	
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	
										Hashbrowns	1 ea		
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl	Wheat Toast	2 sl	Ketchup	1ea	Marg	
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*	
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	
Soup of the day	1C	Beef Taco				Caesar Salad							
W/ Saltines	2 pak	Taco Meat w/		Breaded Fish	1ea	Diced Chicken	2 oz	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	
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	
Cheese	1oz	Shred cheese	1 oz	Tater Tots	1 c	Croutons/Parm	1 oz	w/mustard/mayo				Ketchup/Mustard	
Mustard/Mayo	1 ea	Shred lettuce	1/2 c	Coleslaw	1 c	Caesar Dressing	2 oz	ketchup	1 ea	Coleslaw	1 c	Macaroni &	
Baby Carrots**	1/2c	Salsa/sour crm	1oea			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% 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	
Chicken Parmesar	1 ea	Chicken Alfredo	1ea	Chicken Teriyaki	3 oz	Spagetti &	1.5c	Salisbury Steak	1ea	Grilled Chicken	1.5c	Ham Steak	
Marinara&Parmes	1oea	Linguine	1 c	Rice mixed Veggie	1 c	Meatballs	3	W/Brown Gravy	3 oz	W/Potatoe and	1/2 c	W/Gravy	
Penne Pasta	1 c	Broccoli	1/2c			Marinaria sauce	1/2 c	Mashed Potato	1 c	Chicken Gravy	2 oz	Scalloped Potatoes	
Zucchini	1/2 c					Vegetables	1/2 cup	Country trio blend	1/2 c	Broccoli	1/2 c	Mix Veggies	
Green Salad	1 c	Salad	1 c	Salad	1 c	Salad	1 cup	Green Salad	1 c	Green Salad	1 c	Green Salad	
Salad Dressing	1 oz	Dressing	1 oz	Dressing	1oz	Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	1 oz	Salad Dressing	
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	
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% 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	

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Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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1 c
1 ea
1 ea
1 tsp
4 oz
8 oz
1ea
1 ea
1 ea
1/2 c
1/2 c
8 oz
1 ea
2 oz
1 c
1/2c
1 c
1 oz
1 ea
1/2 c
8 oz

Telecare Sedro Woolley Menu's & Measurements

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

CYCLE 4

PIONEER FOOD SERVICE

Whatcom

2-Jun		3-Jun		4-Jun		5-Jun		6-Jun		7-Jun		8-Jun	
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
		Beef Taco				Chef's Salad							
Deli Sandwich	2 oz	Taco Meat w/		Salmon Patty	1ea	Ham&Shrd Chz	1oz ea	Beef hotdog	1 ea	Beef Chili	1.5c	Cheeseburger	1ea
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	1oea	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

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Menu items contain may contain pork products; We try to substitute with turkey ham, T- bologna, T-salami and T-sausage

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

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Whatcom

9-Jun		10-Jun		11-Jun		12-Jun		13-Jun		14-Jun		15-Jun	
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
										Hash Browns	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
Soup of Day	1 c	Beef Taco				Chef's Salad							
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-bolied 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	1oea			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 Chicker	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
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