

NDS



Nutrition Development Systems

July 2, 2026

Lana Tourigny
Director Food Services
Pioneer Human Services
1902 Milwaukee Way
Tacoma, WA 98421

To Whom It May Concern:

The current menus written for Pioneer Food Services – TRRC, PFH, Telecare, and Multicare, signed and dated 7-2-26, meet nutrient requirements for healthy adult males and females as established by the Food and Nutrition Board of the National Academies of Sciences, Engineering, and Medicine.


Please do not hesitate to call if further clarification is needed.

Thank you.


Sincerely,

Ann Lachney, RD CD CDCES

Ann Lachney, RD CD CDCES
Contract Dietitian
253.261.1793
ann.lachney@gmail.com



RD Registered Dietitian



RDN Registered Dietitian Nutritionist

Commission on Dietetic Registration
the credentialing agency for the
Academy of Nutrition and Dietetics

the credentialing agency for the Academy of Nutrition and Dietetics

CDR certifies that
Ann M. Lachney
 has successfully completed requirements for dietetic registration.

PDF Copy

Ann M. Lachney RD
Signature

Registration I.D. Number
679304

Registration Payment Period
9/01/26 - 8/31/27

Registered Dietitian (RD)
 Registered Dietitian Nutritionist (RDN)

Colleen Tenkubury
Colleen Tenkubury, PhD, MPH, RD, CSO, M, LDN, FAND
 Chair, Commission on Dietetic Registration

Washington State Department of Health
 By the authority of Chapter 18.138 RCW this person
Ann Marie Lachney
 is granted a
Dietitian Certification

Status
Active

Credential Number
DIET.DI.00000643

David E. Wilson
 Secretary

Expiration Date
04/20/2027

Certification Board for Diabetes Care and Education

Hereby states that
Ann Lachney
 Has successfully completed requirements for board certification in diabetes education
Certification Valid through: 12/31/2030
 Certificate No. 21510226

Joanne Pinker

Chair, CBDCE

TRRC, PFH

*Ann Loumy RD CD CPCE
7-2-26*

Federal Residential Reentry Centers

CYCLE 2
PIONEER FOOD SERVICE

	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c
Scrambled Eggs	1/2C	Belgian Waffle	2 ea	Breakfast	1/2C	Egg Patty	1 ea
Hash Browns	1/2C			Casserole		Sausage Patty	2 oz
						Cheese Slice	1 ea
Wheat Toast	2 sl	Syrup	2 oz	Wheat Toast	2 sl	English Muffin	1 ea
Marg	2 tsp	Marg	2 tsp	Marg	2 tsp	Marg	2 tsp
Apple Juice*	6 oz	Grape Juice*	6 oz	Cranberry Joe*	6 oz	Orange Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
LUNCH							
Turkey Ham	3 oz	Chicken Salad	3 oz	BBQ Chicken	4oz	Tuna Salad	3 oz
Swiss Cheese	.75 oz	Lettuce	.75 oz	Lettuce	1 ea	Cheddar Cheese	.75 oz
Wh Grain Bread	2 sl	Wh Grain Bread	2 sl	Flour Tortilla	1 ea	Sourdough	1 ea
Mayo/Mustard	1pk ea						
Apple	1 ea	Orange*	1 ea	Fruit Cup	4oz	Apple	1 ea
Potato Chips	1.5 oz	Cookie	1.5 oz	Potato Chips	1.5 oz	Cookie	1.5 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
DINNER							
Beef Stroganoff	4 oz	Creamy Chicken	3 oz	T Ham Steak	3 oz	Meat Lasagna	6 oz
		Rice	1C	Mashed Potatoes	1 c		
Pasta	1 c	Broccoli Blend	1/2 c	W/Gravy	3 oz	Italian Veg Blend	1/2 c
Scandlavian Veg**	1/2 c			Carrots**	1/2c	Green Salad	1 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		
Bread/Marg	1 ea	Bread/ Marg	1 ea	Bread/ Marg	1 ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c
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 = average of 1 tsp ea catsup/mayo/mustard
Nutritious snacks are to be kept on hand at all times.

TRRC, PFH

Ann Lally RD CD CED
7-2-26

CYCLE 4

PIONEER FOOD SERVICE

Federal Residential Reentry Centers

	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST							
Rice Krispies	1 c	Lucky Charms	1 c	Frosted Flakes	1 c	Toasted Os	1 c
		Scrambled Eggs	1/2C	Waffles	2 ea	Cheese	1 ea
Sausage Gravy	1/2 c	Hash Browns	1/2C	T.Sausage Patty	1 ea	Omelette	1 ea
Biscuits	2 ea						
		Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl
				Syrup	2 tsp	Marg	2 tsp
Cranberry Jce*	6 oz	Grape 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
LUNCH							
Chicken	3 oz	Tuna Salad	3 oz	Turkey Ham	4 oz	Southwest Chicken	3 oz
Caesar Salad	.75 oz	Lettuce	1 ea	Swiss	1 ea	Corn & Bean Salad	.75 oz
Tomato Basil Tortill	2 sl	Sourdough	2 sl	Croissant	1oz	Salsa	2 sl
				Mayo/Mustard	1pk ea	Spinach Tortilla	1pk ea
Fruit Cup	4 oz	Apple	1 ea	Orange*	1 ea	Fruit Cup	4 oz
Chips	1.5 oz	Potato Chips	1.5 oz	Cookie	1.5 oz	Potato Chips	1.5 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
DINNER							
Brd Fish Square	4 oz	Grilled Chicken	3 oz	Beef Stew	12 oz	Fried Steak	4 oz
W/Tartar Sauce	1 oz	Penne Pasta	1 c	W/Potatoes and		W/Country Gravy	3 oz
Tater Tots	1C	Broccoli Blend	1/2 c	Veg. in Stew		Tater Tots	1 c
Peas & Carrots**	1/2c					Green Beans	1/2c
Green Salad	1 c	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c
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
Peaches	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1 ea
2% Milk	2 c	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 = average of 1 tsp ea catsup/may/mustard

TRRC, PFH

*Ann Lammey R10 CD CCES
7-2-26*

CYCLE 5
PIONEER FOOD SERVICE

Federal Residential Reentry Centers

	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
Toasted OS	1 c	Oatmeal	1 c	Oatmeal	1 c	Froot Loops	1 c
French Toast	2 ea	Scram. Eggs	1/2C	Waffle	2 ea	Egg Patty	1 ea
		Tater Triangles	2 ea	T. Sausage Links	2 oz	Sausage Patty	1 ea
				Cheese Slice	1 ea	Omelette	
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	English Muffin	1 ea
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp
Grape Juice*	1/2 c	Cranberry Jce*	6 oz	Orange Juice*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

LUNCH

Chicken Salad	4 oz	Roast Beef	4 oz	Turkey Club Wrap	4 oz	Turkey Pastrami	3.0z	Salami	3 oz	BBQ Chicken	3 oz	Turkey Ham	3 oz
Lettuce	1 ea	Cheddar Cheese	1oz	Bacon	1 ea	Swiss American	3.0z	Cheddar Cheese	.75 oz	Lettuce	.75 oz	Cheddar Cheese	.75 oz
Croissant	1 ea	Hoagie	1 ea	Lettuce/Tomato	1 ea	Wh Grain Bread	2.51	Wh Grain Bread	2 sl	Spinach Tortilla	1 ea	Wh Grain Bread	1 ea
		Mayo/Mustard		Wheat Tortilla	1 ea	Mayo/Mustard	1pk ea	Mayo/Mustard	1pk ea	Fruit Cup	1 ea	Apple	1pk ea
Apple	1 ea	Fruit Cup	4 oz	Orange*	1 ea	Apple	1 ea	Orange*	1 ea	Fruit Cup	4 oz	Apple	1 ea
Potato Chips	1.5 oz	Potato Chips	1.5 oz	Cookie	1.5 oz	Potato Chips	1.5oz	Potato Chips	1.5 oz	Potato Chips	1.5 oz	Cookie	1.5 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

DINNER

Chicken Parm	3 oz	Chicken Stew	12 oz	Brd Fish Square	3.6oz	Broccoli Beef	4 oz	Chicken Patty w/	3 oz	Salisbury Steak	3.2 oz	T.Ham Steak	3 oz
Marinara&Parm	1oz ea	W/Potatoes 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 Potato	1 c
Zucchini	1/2 c			Peas	1/2 c			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			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

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 = average of 1 tsp ea catsup/may/mustard

CYCLE 1

KCRTP

Ann MacInnis RD RD CES
7-2-26

PIONEER FOOD SERVICE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
Rice Krispies	1 c Cold cereal	1 c Cold cereal	1 c Cold cereal	1 c Cold cereal	1 c Cold cereal	1 c Cold cereal	1 c Cornflakes
Waffle	2 ea Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c Fruit	1/2 c French Toast
T. Sausage links	2 ea Fruit juice*	6 oz Fruit juice*	6 oz Fruit juice*	6 oz Fruit juice*	6 oz Fruit juice*	6 oz Fruit juice*	Tur.Saus Patty 1 ea
Marg	2 tsp Yogurt or Cot Ch	4 oz Yogurt or Cot Ch	4 oz Yogurt or Cot Ch	4 oz Yogurt or Cot Ch	4 oz Yogurt or Cot Ch	4 oz Yogurt or Cot Ch	Marg 2 tsp
Syrup	2 oz Milk, 2%	8 oz Milk, 2%	8 oz Milk, 2%	8 oz Milk, 2%	8 oz Milk, 2%	8 oz Milk, 2%	Syrup 2oz
Cranberry Jce*	6 oz						Cranberry Jce* 6 oz
2% Milk	8 oz						2% Milk 8 oz

LUNCH							
T.Ham	3 oz Meat Loaf W/	3 oz Chicken Sausage	4 oz Chili con carne	12 oz Chicken Alfredo	8 oz W/ Saltnes	2 pak Hamb Patty	3 oz
Cheese	2 sl Swiss-Amer. Che	2ea in Marinara	Shredded chees	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 2% Milk

DINNER							
Sloppy Joes	4 oz Grilled Chicken	3 oz Salisbury Steak	3.2 oz Chix teriyaki	3 oz Fried Steak	4 oz Chick Caccatore	4 oz Breaded Fish	3.6 oz
Pasta Salad	1 c Brown Rice	1 c Mashed Potatoes	1 c Rice	1 c W/Country Grav	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 Ve	1/2 c Mashed Potatoe	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 Colelaw	1/2 c Salad Dressing	1 oz Colelaw	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 2% Milk

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

*Ann Lachmy RD CD CCEES
7-2-20*

PIONEER FOOD SERVICE

	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
Cheerios	1 c	Cold cereal	1 c	Cold cereal	1 c	Cold cereal	1 c
Scrambled Eggs	1/2C	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c
Hash Browns	4 oz	Fruit juice*	6 oz	Fruit juice*	6 oz	Fruit juice*	6 oz
		Toast/marg/jelly	2 ea	Toast/marg/jelly	2ea	Toast/marg/jelly	2 ea
Wheat Toast	2 sl	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz
Marg	2 tsp	Milk, 2%	8 oz	Milk, 2%	8 oz	Milk, 2%	8 oz
Apple Juice*	6 oz						Grape Juice*
2% Milk	8 oz						2% Milk

LUNCH

		Beef Taco				Chef's Salad		Soup of the day	8 oz
T.Salami	3 oz	Taco Meat w/		Turkey Hot Dog	4 oz	Br&Cheez Burrito	2 ea	T.Ham&Shrd Chz	1oz ea
Cheese	2sl	Black Beans	4 oz	W/Mustard/Mayo	1 ea	Spanish Rice	1/2 c	Hard boiled egg	1 ea
Mayo/Mustard	1pk ea	Shred cheese	1 oz	Macaroni &		W/Salsa	1oz	Lettuce mix	2 c
Potato Chips	1oz	Shred lettuce	1/2 c	Cheese	1/2C	Green Beans	1/2 c	Tomatoes	2 wdg
		Salsa/sour crm	1ozea	Coleslaw	1/2 c			Salad Dressing	2 oz
Wheat Bread	2 sl	Tortilla	2 ea	Hot dog buns	2 ea			Dinner Roll/mar	1 ea
Fresh Orange*	1 ea	Fresh Apple	1 ea	Pears	1/2 c	Apricot	1/2 c	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

DINNER

Beef Stroganoff	4 oz	Creamy Chickner	3 oz	T.Ham Steak	3 oz	Meat Lasagna	6 oz	Salisbury Steak	3.2 oz	Cheeseburger	3 oz	Breaded Fish	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
Scandinavian 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	Coleslaw	1/2 c	Green Salad	1 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	1ea	Bread/Marg	1 ea
Pineapple	1/2 c	Mandarins*	1/2 c	Tropical Salad	1/2 c	Pudding	1/2 c	Cake	1ea	Pears	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

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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Ann Lachney RD CD CDECS

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

7-2-26

PIONEER FOOD SERVICE

28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

BREAKFAST

Froot Loops	1 c	Cold cereal	1 c	Cold cereal	1 c	Cold cereal	1 c	Oatmeal	1 c
Sausage Gravy	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	French Toast	2 sl
Biscuits	2 ea	Fruit juice*	6 oz	Fruit juice*	6 oz	Fruit juice*	6 oz	T. Sausage links	2 ea
		Toast/marg/jelly	2 ea	Toast/marg/jelly	2 ea	Toast/marg/jelly	2 ea		
		Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Marg	2 ts
		Milk, 2%	8 oz	Milk, 2%	8 oz	Milk, 2%	8 oz	Syrup	2 oz
Orange Juice*	6 oz							Grape Juice*	6 oz
2% Milk	8 oz							2% Milk	8 oz

LUNCH

				Chop Chop Salad		Beef Taco			
Meat Loaf Sand	3 oz	Pastrami	3 oz	Beef Tator Tot	8 oz	Chicken, ham	1oz ea	BBQ Chicken	4 oz
w/Cheese	2ea	Swiss Cheese	2ea	Casserole		Hard-boiled egg	1 ea	Tater Tots	1/2 c
Mustard/Mayo	1 ea	Wh Grain Bread	2 sl	California Veg	1/2C	Tomatoes	2 wdg	Corn and Pepper	1/2C
California veg bl	1/2 c	Mayo/Mustard	1pk ea			Shred Carrot	1/4C		
		Baby carrot**	1/2 c			Salad Mix/dres	2c/2z	Coleslaw	1/2 c
Bread	2ea			Bread Roll/Marg	1ea	Bread/ Marg	1/1 tsp	Hamb Bun	1 ea
Mixed Fruit	1/2 c	Fresh Apple	1ea	Pear	1/2 c	Fresh Orange*	1ea	Tropical Mix	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

DINNER

Sweet and		Fried Steak	4 oz	Creamy Chicken	3 oz	Swedish Meatb	3 oz	Beef Chili	12 oz	Chicken Parmes	3 oz	Turkey Hot Dog	1oz-2
Sour Chicken	4 oz	W/Country Gravy	3 oz			in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parme	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 & Chee	1 c
Stir Fry Veg **	1/2 c	Zucchini	1/2 c	Italian Veg **	1/2c	Scandiavian Veg	1/2 c	Mixed Veg **	1/2 c	Brussel Sprouts	1/2 c	Country Mix **	1/2
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			Ranch Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz	Salad Dressing	1oz
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
Pludding	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

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KCRTP

*Anni Lachmy RD RD CDCR
7-2-26*

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

BREAKFAST

Rice Krispies	1 c	Cold cereal	1 c	Cold cereal	1 c	Cold cereal	1 c	Rice Krispies	1 c
	Fruit	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Breakfast	
Sausage Gravy	1/2 c	Fruit juice*	6 oz	Fruit juice*	6 oz	Fruit juice*	6 oz	Casserole	1/2C
Biscuits	2 ea	Toast/marg/jelly	2 ea	Toast/marg/jelly	2ea	Toast/marg/jelly	2 ea		
		Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Wheat Toast	2 sl
		Milk, 2%	8 oz	Milk, 2%	8 oz	Milk, 2%	8 oz	Marg	2 tsp
Strawberry Jce*	6 oz							Apple Juice*	6 oz
2% Milk	8 oz							2% Milk	8 oz

LUNCH

Chicken noodle		Br&Cheez Burrit	2 ea	Turkey	3 oz	Tomato Soup	8 oz	Beef Chili	12 oz	Chef's Sal											
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	Winter Blend	1/2 c						
Green Beans	1/2 c	W/Salsa	1oz			Han	3 oz	Mix Veggies**	1/2 c	Lettuce mix	2 c										
		Zucchini	1/2c	Mayo/Mustard	1pk ea	Cheese	2ea	Tomatoes	2 wdg	Salad Dressing	2 oz										
Dinner Roll/mar	1 ea			Baby carrot**	1/2C	Mayo/Mustard	1 ea	Cornbread	1 sq	Salad Dressing	2 oz										
Fresh Apple	1ea	Fresh Orange*	1ea	Hoagie Roll	1 ea	Wh wheat Brd	2 sl			Dinner Roll/mar	1 ea										
2% Milk	8 oz	2% Milk	8 oz	Pear	1/2 c	Tropical Mix		Fresh Apple	1ea	Banana	1 ea										
				2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz										

DINNER

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	I.Ham Steak	3 oz
W/Tartar Sauce	1 oz	W/Gravy	3oz	W/Potatoes and		W/Country Gravy	3 oz	Rice	1 c			w/ Contry Gravy	3oz
Later Tots	1C	Penne Pasta	1 c	Veg'n stew		Tater Tots	1 c	W/Chix Gravy	3 oz			Mashed Potato	1 c
Beans & Carrots**	1/2c	Broccoli Blend	1/2 c			Green Beans	1/2c	California veg blend	1/2 c	Capri Veg **	1/2 c	Sliced 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

KCRTP

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

Ann Whitney RD CDE/DES 7-2-26

PIONEER FOOD SERVICE

	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Toasted Os	1 c	Cold cereal	1 c	Cold cereal	1 c	Cold cereal	1 c
French Toast	2 ea	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c
		Fruit juice*	6 oz	Fruit juice*	6 oz	Fruit juice*	6 oz
		Toast/marg/jelly	2 ea	Toast/marg/jelly	2 ea	Toast/marg/jelly	2 ea
Marg	2 tsp	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz	Yogurt or Cot Ch	4 oz
Syrup	2 oz	Milk, 2%	8 oz	Milk, 2%	8 oz	Milk, 2%	8 oz
Grape Juice*	1/2 c						Orange Juice*
2% Milk	8 oz						2% Milk

LUNCH

		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/ Saitines	2 pak
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix	2 c	Bologna	3 oz
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg **	1/2 c	Croutons/Parm	1 oz ea	Cheese	2ea
Beans & Carrots	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz	Mustard/Mayo	1 ea
		Salsa/sour crm	1ozea			Dinner Roll/marg	1 ea	Baby Carrots**	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
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

DINNER

Chicken Parmese	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef	4 oz	Chicken Patty w/	3 oz	Salisbury Steak	4 oz	T.Ham Steak	3 oz
Marinara&Parme	1ozea	W/Potatoes 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 Potato	1 c
Zucchini	1/2 c			Peas				Peas & Carrots**	1/2C	Capri Veg **	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			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

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

CYCLE 1

TELECARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

*Ann Whitney RD CDCOCS
7-2-26*

PIONEER FOOD SERVICE

	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
Rice Krispies	1 c	Cheerios	1 c	Oatmeal	1 c	Bran Flakes	1 c
Waffle	2 ea	Frittata	1/2C	Waffle	2 ea	Scram. Eggs	1/2C
T. Sausage links	2 ea		Bacon	2sl	Hash Browns	1/2C	Biscuits
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	Wheat Toast	2 sl
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp
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
	LUNCH						
T.Ham	3 oz	Meat Loaf W/	3 oz	Chicken Sausage	4 oz	Chili con carne	12 oz
Cheese	2 sl	Swiss Cheese	2ea	in Marinara		Shredded cheese	1 oz
Mustard/Mayo	1 ea	Mustard/Mayo	1 ea	Pasta Salad	1/2 c		
Potato Chips	1oz	Green Salad	1 c	Italian Veg Mix	1/2C	Capri Veg	1/2c
		Ranch Dressing	1 oz				
Bread	2 sl	Bread	2 sl	Hoagie Roll	1 ea	Cornbread/marg	1 ea
Mandarins*	1/2 c	Fresh Apple	1ea	Fresh Orange*	1ea	Tropical Mix	1/2c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
	DINNER						
Sloppy Joes	4 oz	Grilled Chicken	3 oz	Salisbury Steak	3.2 oz	Chix teriyaki	3 oz
Pasta Salad	1 c	Brown Rice	1 c	Mashed Potatoes	1 c	Rice	1 c
Green Beans	1/2 c	Zucchini	1/2c	W/Brown Gravy	3 oz	Venetian Mix Veg	1/2 c
Green Salad	1c	Green Salad	1 c	Carrots**	1/2C	Green Salad	1 c
Salad Dressing	1oz	Salad Dressing	1 oz	Coleslaw	1/2 c	Salad Dressing	1 oz
Ham Bun	1 ea	Bread/ Marg	1 ea	Bread/marg	1ea	Bread/marg	1 ea
Pears	1/2 c	Mixed Fruit	1/2 c	Pineapple	1/2C	Pears	1ea
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

*Donna Lechny RD RD EDCES
7-2-26*

PIONEER FOOD SERVICE

21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

BREAKFAST													
Cheerios	1 c	Rice Krispies	1 c	Frosted Flakes	1 c	Raisin Bran	1 c	Cornflakes	1 c	Oatmeal	1 c	Lucky Charms	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		
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

LUNCH													
		Beef Taco				Chef's Salad				Soup of the day	8 oz		
T.Salami	3 oz	Taco Meat w/		Turkey Hot Dog	4 oz	Br&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
		Sals/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

DINNER													
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	Coleslaw	1/2 c	Green Salad	1 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	Hamb Bun	1ea	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

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 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

TELECARE

*Ann Lockney RD CD CDCES
7-22-26*

CYCLE 3

PIONEER FOOD SERVICE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
Froot Loops	Rice Krispies	Oatmeal	Bran Flakes	Frosted Flakes	Cheerios	Oatmeal
Sausage Gravy	French Toast	Scrambled Eggs	Waffles	Veggie Frittata	Cheese	French Toast
Biscuits	Bacon	Hash Browns	T Sausage Patty		Omelette	T. Sausage links
	Marg	Wheat Toast	Marg	Wheat Toast	Wheat Toast	Marg
	Syrup	Marg	Syrup	Marg	Marg	Syrup
Orange Juice*	Cranberry Juice*	Orange Juice*	Apple Juice*	Cranberry Juice*	Apple Juice*	Grape Juice*
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
LUNCH						
		Chop Chop Salad	Chop Chop Salad	Beef Taco		
Meat Loaf Sand	Pastrami	Beef Tator Tot	Chicken, ham	BBQ Chicken	Taco Meat W/	Chix teriyaki
W/Cheese	Swiss Cheese	Casserole	Hard-boiled egg	Tater Tots	Black Beans	Rice
Mustard/Mayo	Wh Grain Bread	California Veg	Tomatoes	Corn and Pepper	Shred cheese	Stir Fry Veg **
California veg blend	Mayo/Mustard	1pk ea	Shred Carrot**	1/4C	Salsa/sour crm	1oz ea
	Baby carrot**	1/2 c	Salad Mix/dres	2c/2z	Coleslaw	Shred lettuce
Bread	2ea		Bread Roll/Marg	1ea	Hamb Bun	Tortilla
Mixed Fruit	Fresh Apple	Pear	Bread/Marg	1/1 tsp	Tropical Mix	Pineapple
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
DINNER						
Sweet and	Fried Steak	Creamy Chicken	Swedish Meath	Beef Chili	Chicken Parmes	Turkey Hot Dog
Sour Chicken	W/Country Gravy	3 oz	in Country Gravy	Shred Cheese	1oz ea	W/Mustard/Mayo
Rice	Scalloped Potato	Penne Pasta	Rice	Cornbread/ Marg	Penne Pasta	Macaroni & Chee
Stir Fry Veg **	Zucchini	Italian Veg **	Scandiavian Veg	Mixed Veg **	Brussel Sprouts	Country Mix **
Green Salad	Coleslaw	Green Salad	Coleslaw		Green Salad	Green Salad
Salad Dressing	1 oz	Ranch Dressing	1 oz	Green Salad	1 c	Salad Dressing
Bread/ Marg	Bread/ Marg	Bread/mar	Bread/marg	Salad Dressing	1 oz	Hot dog buns
Pudding	Mandarins*	Pineapple	Apricot	Peaches	1/2 c	Mixed Fruit
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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 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

TELECARE

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

*Ann Leahmney RD CD CDECS
7-2-20*

PIONEER FOOD SERVICE

	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST						
Toasted Os	1 c	Lucky Charms	1 c	Cornflakes	1 c	Oatmeal	1 c
French Toast	2 ea	Scream. Eggs	1/2C	Waffle	2 ea	Egg Patty	1 ea
		Tater Triangles	2 ea	T. Sausage links	2 oz	Sausage Patty	1 ea
						Cheese Slice	1 ea
Marg	2 tsp	Wheat Toast	2 sl	Marg	2 tsp	English Muffin	1 ea
Syrup	2 oz	Marg	2 tsp	Syrup	2 oz	Marg	2 tsp
Grape Juice*	1/2 c	Cranberry Juice*	6 oz	Orange Juice*	6 oz	Grape Juice*	6 oz
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
	LUNCH						
		Beef Taco		Caesar Salad w/		Soup of the day	
Salmon Burger	3 oz	Taco Meat w/		Chix teriyaki	3 oz	Diced Chicken	3 oz
W/Tartar Sauce	1 oz	Black Beans	4 oz	Rice	1/2 c	Lettuce Mix	2 c
Rice Pilaf	1/2C	Shred cheese	1 oz	Stir Fry Veg * *	1/2 c	CROUTONS/ParM	1 oz ea
Peas & Carrots**	1/2 c	Shred lettuce	1/2 c			Caesar Dressing	2 oz
		Salsa/sour crm	1oz ea			Dinner Roll/marg	1 ea
Hamb Bun	1 ea	Tortilla	2 ea	Bread/ Marg	1 ea		Bread
Tropical Salad	1/2 c	Apricot	1/2 c	Pear	1/2 c	Fresh Apple	1ea
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz
	DINNER						
Chicken Parmes	3 oz	Chicken Stew	12 oz	Breaded Fish	3.6 oz	Broccoli Beef	4 oz
Marinara&Parme	1oz ea	W/Potatoes and		W/Tartar Sauce	1 oz	Rice	1C
Penne Pasta	1 c	Veg.in stew		Tater Tots	1C	Stir Fry Veg * *	1/2 c
Zucchini	1/2 c			Peas			
Green Salad	1 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
Bread/marg	1 ea	Biscuit/Marg	1/1 tsp	Hamb Bun	1 ea	Bread/Marg	1 ea
Pudding	1/2 c	Mandarins*	1/2 c	Pineapple	1/2 c	Apricot	1/2 c
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz

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 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

MULTICARE

Ann Whitney RD CD CDECS

CYCLE 1 DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

PIONEER FOOD SERVICE

14-Jun SUNDAY	15-Jun MONDAY	16-Jun TUESDAY	17-Jun WEDNESDAY	18-Jun THURSDAY	19-Jun FRIDAY	20-Jun SATURDAY
			LUNCH			
T.Ham	Meat Loaf W/	Chicken Sausage	Chili con carne	Chicken Alfredo	Lentil Soup	Hamb Patty
Cheese	Swiss Cheese	in Marinara	Shredded cheese	Casserol	Bologna	W/Cheese,
Mustard/Mayo	Mustard/Mayo	Pasta Salad	1/2 c		Cheese	2sl Mayo/Must
Potato Chips	Green Salad	Italian Veg Mix	Capri Veg *	Brussel Sprouts	Mayo/Mustard	Macaroni &
	Ranch Dressing				Baby Carrot**	1/2C Cheese
Bread	Bread	Hoagie Roll	Cornbread/marg	Bread Roll/marg	Wheat Bread	Hamb Bun
Mandarins*	Fresh Apple	Fresh Orange*	Tropical Mix	Fresh Banana	Fresh Orange*	Mixed Fruit
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

DINNER

Sloppy Joes	Grilled Chicken	Salsbury Steak	Chix teriyaki	Fried Steak	Chick Cacciatore	Breaded Fish
Pasta Salad	Brown Rice	Mashed Potatoes	Rice	W/Country Gravy	Penne Pasta	Tater Tots
Green Beans	Zucchini	W/Brown Gravy	Venetian Mix Veg	Mashed Potatoes	Green Beans	W/Tartar sauce
Green Salad	Green Salad	Carrots *	Green Salad	Broccoli Blend	Green Salad	Capri Veg *
Salad Dressing	Salad Dressing	Coleslaw	Salad Dressing	Coleslaw	Salad Dressing	Coleslaw
Hamb Bun	Bread/ Marg	Bread/marg	Bread/marg	Bread/mar	Bread Roll/marg	Bread/marg
Pears	Mixed Fruit	Pineapple	Pears	Apricot	Pudding	Peaches
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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.

7-2-26

MULTICARE

Mum Lachmy RD CP CDCES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

7-2-26

**CYCLE 3
PIONEER FOOD SERVICE**

28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Meat Loaf Sand	Pastrami	Beef Tator Tot	Chop Chop Salad	Chicken, ham	BBQ Chicken	Beef Taco
3 oz	3 oz	8 oz	Chop Chop Salad	1oz ea	4 oz	Taco Meat w/
w/Cheese	Swiss Cheese	Casserole	Hard-boiled egg	1 ea	1/2 c	Black Beans
2ea	2ea		Tomatoes	2 wdg	1/2C	Shred cheese
Mustard/Mayo	Wh Grain Bread	California Veg	Shred Carrot	1/4C		Salsa/sour crm
1 ea	2 sl	1/2C	Salad Mix/dres	2c/2z		Shred lettuce
California veg blk	Mayo/Mustard		Bread Roll/Marg	1ea	1/1 tsp	Tortilla
1/2 c	1pk ea		Bread/ Marg	1ea	1/2 c	Pineapple
	Baby carrot**		Fresh Orange*	1ea	1/2 c	Mandarins*
Bread	2ea		Fresh Orange*	1ea	1/2 c	Mandarins*
			2% Milk	8 oz	2% Milk	2% Milk
Mixed Fruit	Fresh Apple	Pear	2% Milk	8 oz	2% Milk	2% Milk
1/2 c	1ea					
2% Milk	8 oz	2% Milk	8 oz	2% Milk	8 oz	2% Milk

DINNER

Sweet and	Fried Steak	4 oz	Creamy Chicken	3 oz	Swedish Meath	3 oz	Beef Chili	12 oz	Chicken Parmes	3 oz	Turkey Hot Dog	4oz-2ea
Sour Chicken	W/Country Gravy	3 oz			in Country Gravy		Shred Cheese	1/2 oz	Marinara&Parme	1ozea	W/Mustard/Mayo	2 ea
Rice	Scalloped Potato	1 c	Penne Pasta	1 c	Rice	1 c	Cornbread/ Marg	1 ea	Penne Pasta	1 c	Macaroni & Chee	1 c
Str Fry Veg **	Zucchini	1/2 c	Italian Veg *	1/2c	Scandiavian Veg	1/2 c	Mixed Veg	1/2 c	Brussel Sprouts	1/2 c	Country Mix **	1/2 c
Green Salad	Green Salad	1 c	Green Salad	1 c	Coleslaw	1/2 c			Green Salad	1 c	Coleslaw	1/2 c
Salad Dressing	Salad Dressing	1 oz	Ranch Dressing	1 oz			Green Salad	1 c	Salad Dressing	1 oz		
Bread/ Marg	Bread/ Marg	1ea	Bread/mar	1 ea	Bread/marg	1ea	Salad Dressing	1 oz	Bread/marg	1 ea	Hot dog buns	2 ea
Pudding	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	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
 Nutritious snacks are to be kept on hand at all times and include items such as fruit, cheese, peanut butter, bread, and crackers.

MULTICARE

Ann Lachmy RD EP CDCES

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

7-2-20

CYCLE 4

PIONEER FOOD SERVICE

	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chicken noodle		Br&Cheez Burrit	Turkey	Tomato Soup	Beef Chili	Chef's Sal	Creamy Chicken
Casserole	8 oz	Spanish Rice	W/Cheese	W/Saltines	Shred Cheese	Hard boiled egg	Rice
		W/Salsa		Ham	Mix Veggies**	Lettuce mix	Winter Blend
Green Beans	1/2 c	Zucchini	1/2c	Mayo/Mustard	1pk ea	Cheese	2ea
				Baby carrot**	1/2c	Mayo/Mustard	Cornbread
Dinner Roll/mar	1 ea		Hoagie Roll	Wh Wheat Brd	2 sl	Fresh Apple	1ea
Fresh Apple	1ea	Fresh Orange*	Pear	Tropical Mix			Banana
2% Milk	8 oz	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

DINNER

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 blk	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

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MULTICARE

Mrs. Lenny RD ed ed eds

DINNER SALADS WILL BE DELIVERED ON DAY OF SERVICE

7-2-26

PIONEER FOOD SERVICE

12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Beef Taco		Caesar Salad w/	Soup of the day		
Salmon Burger	Taco Meat w/	Chix teriyaki	Diced Chicken	W/ Saltines	BBQ Chicken	Turkey Noodle
W/Tartar Sauce	Black Beans	Rice	Lettuce Mix	Bologna	Tater Tots	Casserole
Rice Pilaf	Shred cheese	Stir Fry Veg	CROUTONS/Parm	Cheese	Corn and Pepper	
Peas & Carrots**	Shred lettuce		Caesar Dressing	Mustard/Mayo		Italian Veg
	Salsa/sour crm		Dinner Roll/marg	Baby Carrots**	1/2C	
Hamb Bun	Tortilla	Bread/ Marg		Bread	Hamb Bun	Biscuit/Marg
Tropical Salad	Apricot	Pear	Fresh Apple	Fresh Orange*	Fresh Banana	Pudding
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

DINNER

Chicken Parmesa	Chicken Stew	Breaded Fish	Broccoli Beef	Chicken Patty w/	Salisbury Steak	T.Ham Steak
Marinara&Parme	W/Potatoe and	W/Tartar Sauce	Rice	Gravy	W/Brown Gravy	W/Gravy
Penne Pasta	Veg.in stew	Tater Tots	Stir Fry Veg **	Mashed Potatoes	Rice	Scalloped Potato
Zucchini		Peas		Peas & Carrots	Capri Veg	Mix Veggies **
Green Salad	Green Salad	Coleslaw	Green Salad	Coleslaw	Green Salad	Green Salad
Salad Dressing	Salad Dressing		Salad Dressing		Salad Dressing	Salad Dressing
bread/marg	Biscuit/Marg	Hamb Bun	Bread/Marg	Bread/ Marg	Bread/marg	Bread/marg
Pudding	Mandarins*	Pineapple	Apricot	Peaches	Cake	Tropical Salad
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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