WEEKLY

Meal Planner

DATE: Jan. 21 2024

Weekday	Breakfast	Lunch	Supper	Afternoon Snack	AS Snack
Sunday	Scrambled Eggs Bacon-Sausage Toast Sweet Roll Oatmeal ATL: Cook to order	Pork Ribs Parmesan Pasta Creamed Corn Corn Muffin ALT: Pecan Pie	Salisbury Steak Mashed Potatoes Beef gravy-LS Green Beans Wheat Bread ATL: Cookie	Peanut Butter Cookies Walnuts	
Monday	Pancakes Bacon Scrambled Eggs Fruit Cup Grits ATL: Cook to order	Stir Fried Chicken White Rice Egg rolls Fortune Cookie ALT: Pineapple	Hot Turkey Sandwich Potato Salad Green Peas w/ Pearl Onion ATL: Strawberry Shortcake	Brownie Carrot Sticks	
Tuesday	Biscuits and Gravy Sausage Links Cream of Wheat ALT: Cook to order	Breaded Tilapia Filet Baked Potato Diced Carrots Sour Cream Wheat Bread ATL: Fruit in Jell-O	Beef Soft Shell Tacos Spanish Rice Refried Beans Corn w/ Peppers ATL: Churros	Chocolate Chip Cookies Apple Slices	1/2 Ham & Cheese Sandwich
Wednesday	Breakfast Burrito Diced Potato Muffin Oatmeal ATL: Cook to order	Braised Beef Tips Steamed B Red Potatoes Squash Medley Wheat Bread ATL: Chocolate Cake	Egg Salad Croissant Tomato Slices Side Salad Pickle Spear ATL: Blondie Bar	7 Layer Bars Corn Chips	
Thursday	Waffles Strawberries Scrambled Eggs Danish Cream of Wheat ATL: Cook to order	Turkey Cutlet Mashed Potatoes Turkey Gravy Diced Beets Dinner Roll ALT: Broccoli Pumkin Bar	Brat & Sauerkraut Vinegar Coleslaw Choice of Chips ATL: Blueberry Crumble	Oatmeal Raisin Cookie Dry Snacks	
Friday	Western Omelet Toast Hashbrowns Grits ATL: Cook to order	Pork Chop in Onion Gravy Country Style Fried Potatoes Green Beans Wheat Bread ALT: Angel Food Cake w/ Fruit	California Burger on a Bun Tater Tots Creamy Cucumber Salad ATL: Vanilla Ice Cream	Lemon Bar	
Saturday	Fried Eggs Ham Slice Hashbrown Patty Toast Oatmeal ALT: Cook to order	Breaded Shrimp Macaroni & Cheese Spinach Wheat Roll ATL: Cauliflower Rice Krispie Bar	Chicken Fettuccini Broccoli Garlic Bread ATL: Pistachio Salad	White Chocolate Macadamia Nut Cookie	

WEEKLY

Meal Planner

DATE: Jan. 28 2024

Weekday	Breakfast	Lunch	Supper	Afternoon Snack	AS Snack
Sunday	Scrambled Eggs Breakfast Ham Toast Cream of Wheat ATL: Cook to order	Pot Roast Baby Red Potatoes Buttered Carrots Dinner Roll ATL: Apple Pie	Herb Butter Tilapia Buttered Noodles Fire Roasted Vegetable Blend Bean/Corn Wheat Bread ALT: Peach Parfait	Peanut Butter Cookies Walnuts	
Monday	Scrambled Eggs Sausage Patties Assorted Muffin Oatmeal ATL: Cook to order	Breaded Chicken Tenderloins Hush Puppies Brussel Sprouts Wheat Bread ALT: Pears	Homemade Porcupine Meatballs Mashed Potatoes Beef Gravy, LS Green Peas ATL: Almond Cake	Brownie Carrot Sticks	
Tuesday	Sausage Gravy Biscuits Fruit Cup Grits ALT: Cook to order	Turkey Pot Pie Green Beans Wheat Bread ATL: Cobbler	BBQ Pork Riblet on Bun French Fries Baked Beans ATL: Mousse	Chocolate Chip Cookies Apple Slices	1/2 Ham & Cheese Sandwich
Wednesday	Corned Beef Hash Scrambled Eggs Toast Oatmeal ALT: Cook to order	Oven Roasted Chicken Drumsticks Bacon Ranch Pasta Salad Diced Sweet Potatoes Wheat Bread ATL: Jell-O Whip	Caribbean Catfish Tricolor Vegetable Couscous Cucumber Slices Wheat Bread ATL: Cupcake	7 Layer Bars Corn Chips	
Thursday	Scrambled Eggs Sliced Ham Hashbrown Patty Danish Cream of Wheat ATL: Cook to order	Homemade Pizza Side Salad Parmesan Cheese ATL: Chocolate Ice Cream	Stuffed Pepper w/ Tomato sauce White Rice Asparagus Dinner Roll ATL: Fruit Cheesecake	Oatmeal Raisin Cookie Dry Snacks	
Friday	Pancakes Sausage Patty Scrambled Eggs Fruit Cup Oatmeal ATL: Cook to order	Grilled Haddock w/ White Wine Sauce Buttered Succotash French Green Beans Wheat Bread ATL: Lemon Cake	Chicken Thighs Parmesan Rice Diced Carrots Wheat Bread ATL: Cookie	Lemon Bar	
Saturday	Scrambled Eggs Bacon Carmel Roll Banana Grits ATL: Cook to order	Hamburger Goulash Potato Pancakes Braised Cabbage ATL: Pudding	Pork Roast Garlic Mashed Potatoes Creamed Corn Dinner Roll ATL: Spiced Apples	White Chocolate Macadamia Nut Cookie	

WEEKLY

Meal Planner

DATE: Feb. 4 2024

Weekday	Breakfast	Lunch	Supper	Afternoon Snack	AS Snack
Sunday	Scrambled Eggs Breakfast Ham Toast Oatmeal ATL: Cook to order	Roasted Turkey Stuffing Turkey Gravy, LS Green Bean Casserole Wheat Bread ATL: Key Lime Pie	Cabbage Roll Roasted Broccoli Creamy Mashed Sweet Potatoes ATL: Fruit Cup	Peanut Butter Cookies Walnuts	
Monday	Breakfast Sandwich Hashbrown Patty Banana Grits ATL: Cook to order	Meat Lasagna Side Salad Bread Sticks ALT: Sherbet	Herb Roasted Chicken Buttered Cheese Tortellini Green Peas Wheat Bread ATL: Apple Crisp	Brownie Carrot Sticks	
Tuesday	Scrambled Eggs Bacon Toast Cream of Wheat ALT: Cook to order	Baked Ham Au Gratin Potatoes Cauliflower Wheat Bread ATL: Pineapple	Beer Battered Fish French Fries Creamy Coleslaw Wheat Bread ATL: Oreo Fluff	Chocolate Chip Cookies Apple Slices	1/2 Ham & Cheese Sandwich
Wednesday	Waffles Scrambled Eggs Strawberries Assorted Muffin Oatmeal ALT: Cook to order	Salmon Fillet Rice Pilaf Asparagus Wheat Bread ATL: Blueberry Lemon Cake	Beef Hot Dog on Bun Calico Beans Chilled Beets ATL: Banana Bread	7 Layer Bars Corn Chips	
Thursday	Cheese Omelet Sausage Links Toast Cream of Wheat ATL: Cook to order	Ham & Scalloped Potatoes Garlic Green Dinner Roll ATL: Cookie Salad	Veal Parmigiana Angel Hair Pasta Zucchini ATL: Cheesecake Bar	Oatmeal Raisin Cookie Dry Snacks	
Friday	Pancakes Scrambled Eggs Bacon Fruit Cup Grits ATL: Cook to order	Oven Fried Chicken Homemade Mashed Potatoes Chicken Gravy-LS Roasted Vegetable Blend Wheat Bread ATL: Strawberry Delight	Bacon Cheeseburger Onion Rings Diced Carrots ATL: Peaches	Lemon Bar	
Saturday	Scrambled Eggs Sliced Ham Toast Danish Cream of Wheat ATL: Cook to order	Homemade Meatloaf Wild Rice Blend Creamed Peas Cheddar Biscuit ATL: Cookies and Cream Ice Cream	BBQ Pork on Bun Potato Salad Corn ATL: Sour Cream Orange Cake	White Chocolate Macadamia Nut Cookie	

WEEKLY

Meal Planner

DATE: Feb. 11 2024

Weekday	Breakfast	Lunch	Supper	Afternoon Snack	AS/ HS Snack
Sunday	Scrambled Eggs Bacon-Sausage Toast Sweet Roll Oatmeal ATL: Cook to order	Carved Roast Beef Mashed Potatoes Beef Gravy, LS Roasted Carrots Dinner Roll ATL: Cherry Pie	Turkey Tetrazzini Broccoli Wheat Bread ATL: Fuit Cup	Peanut Butter Cookies Walnuts	
Monday	Cheese Omelet Bacon-Sausage Toast Danish Cream of Wheat ATL: Cook to order	Seasoned Pork Loin Diced Sweet Potatoes Brussel Sprouts Wheat Bread ALT: Green Beans Apple Crisp	Sloppy Joe on Bun Steak Fries Corn on Cob Pickle Spears ATL: Cake	Brownie Carrot Sticks	
Tuesday	Biscuits and Gravy Sausage Links Fruit Cup Grits ALT: Cook to order	Roasted Chicken Quarter Scalloped Potatoes Green Peas Wheat Roll ATL: Butter noodles Fruited Jello	Baked Fish Rice Pilaf Stir Fry Vegetable Blend Crescent Rolls ATL: Cookie	Chocolate Chip Cookies Apple Slices	1/2 Ham & Cheese Sandwich
Wednesday	Fried Eggs Ham Slice Diced Potatoes Toast Cream of Wheat ALT: Cook to order	Ring Bologna Baked Beans Side Salad Wheat Bread ATL: Coleslaw Brownie	BLT Sandwich Tuna Macaroni Salad w/Peas Cucumber Slices ATL: Pineapple Upside Down Cake	7 Layer Bars Corn Chips	
Thursday	Breakfast Sandwich Hashbrown Patty Banana Oatmeal ATL: Cook to order	Spaghetti Noodles Marinara Meatballs Broccoli Breadsticks ATL: Sherbet	Grilled Chicken on Bun French Fries Creamy Coleslaw ATL: Orange Fluff	Oatmeal Raisin Cookie Dry Snacks	
Friday	Breakfast Burrito Muffin Cream of Wheat ATL: Cook to order	Baked Salmon Creamy Penne Noodles Buttered Carrots Dinner Roll ATL: Banana Strawberry	Tatar Tot Hotdish Corn Wheat Bread ATL: Strawberry Ice Cream	Lemon Bar Hummus w/ Carrot Sticks	
Saturday	Waffles Strawberries Scrambled Eggs Danish Grits ATL: Cook to order	Chicken Fried Steak Lyonnaise Potatoes Roasted Cauliflower Wheat Bread ATL: Country Gravy Pudding	Cheese & Herb Quiche Three Bean Salad Wheat Roll ATL: Fruit Cocktail	White Chocolate Macadamia Nut Cookie	