



Food and Nutrition-Pediatrics

A Week's Menu at a Glance

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Apple juice Corn Flakes Cream of Wheat String Cheese Demi Danish	Apple Juice Frosted flakes Oatmeal Scrambled eggs Fresh mini bagel Cream cheese	Apple Juice Cherrios Grits French Toast Margarine	Apple Juice Fruit loops Cream of wheat String Cheese Blueberry muffin	Apple Juice Rice Krispies Oatmeal French Toast Margarine	Apple Juice Frosted flakes Grits Peach Yogurt Corn muffin	Apple Juice Cheerios Oatmeal Scrambled Eggs Roll with margarine
L U N C H	Chicken Noodle Soup Pizza Grilled chicken w/ mushroom & gravy Oriental Vegetables Chocolate pudding <i>Diab: Diet custard</i>	Lentil Soup Grilled Cheese Sandwich California Blend Chocolate IC <i>Diab: Diet IC</i>	Tomato soup Chicken Nuggets Tater tots Raw Mini-Carrots Peaches	Chicken & Rice Soup Hamburger on Bun Corn O'Brien Mandarin Oranges <i>Diab: Drained Mandarin Oranges</i>	Vegetable Soup Pizza Vegetables Carrot cake <i>Diab: Pineapple slices</i>	Turkey rice Soup Mac & Cheese Tater tots Dill carrots Fruit cocktail	Potato Leek Soup Spaghetti & Meatballs Spinach Rice Krispies Treat
D I N N E R	Navy Bean Soup Cheeseburger on Bun Tater Tots Raw Mini-Carrots Banana Cake <i>Diab: Peaches</i>	Vegetable Soup Oven fried chicken Mashed potato w/ gravy Green beans Tropical fruit <i>Diab: Fruit Cocktail</i>	Split pea soup Lasagna rolette Italian Bread Spinach Vanilla Pudding <i>Diab: Diet custard</i>	Beef Noodle Soup Roast turkey Stuffing w/ gravy Green Beans Apple pie <i>Diab: Applesauce</i>	Minestrone soup Stuffed shells Italian Bread Raw Mini-Carrots Rice Krispies Treat <i>Diab: Fresh apple</i>	Tomato soup Arroz con Pollo Mixed Vegetables Fruited Jello w/ topping	Beef Barley Soup Chicken Patty on Bun Tater Tots Capri vegetables Chocolate cake <i>Diab: Pineapple slices</i>
<u>These food items may be ordered in place of the offered entrée of the day.</u>							
	-COTTAGE CHEESE FRUIT PLATE -BAKED CHICKEN -MAC & CHEESE -MASHED POTATO W/ GRAVY -TATER TOTS	-COTTAGE CHEESE FRUIT PLATE --HAMBURGER -TUNA SALAD -TATER TOTS -MASHED POTATO W/GRAVY -MAC & CHEESE	-COTTAGE CHEESE/ FRUIT PLATE - TURKEY SANDWICH -BAKED CHICKEN -TATER TOIS -MAC & CHESSE	-COTTAGE CHEESE FRUIT PLATE - BAKED CHICKEN - MAC & CHEESE -MASHED POTATO -TATER TOTS	-COTTAGE CHEESE FRUIT PLATE - PASTA & MEATSAUCE - TUNA SANDWICH -MASHED POTATO W/GRAVY	-COTTAGE CHEESE FRUIT PLATE - MAC & CHEESE -TATER TOTS -MASHED POTATO	-COTTAGE CHEESE FRUIT PLATE - HAMBURGER ON A BUN -TUNA SALAD -TATER TOTS -MASHED POTATO W/ GRAVY -MAC & CHESSE
	VEGETARIAN						
Lunch	<i>Veggie Burger</i>	<i>Baked Pasta w/ Marinara Sauce</i>	<i>Grilled Cheese</i>	<i>Cottage Cheese Fruit Plate</i>	<i>Egg Salad Sandwich</i>	<i>-Pizza -Rice and Beans</i>	<i>Cheese and Tomato Sandwich</i>
Dinner	<i>Cottage Cheese Fruit Plate</i>	<i>-Pizza -Rice & Beans</i>	<i>Macaroni & Cheese</i>	<i>Veggie Burger</i>	<i>Baked Pasta w/ Marinara Sauce</i>	<i>Peanut Butter & Jelly Sandwich</i>	<i>Macaroni & Cheese</i>
Meals are served with: Margarine, Salt/salt substitute, 8 oz Milk, Sugar / sugar substitute, Pepper							