








































WEEKLY MENU MARCH 27-APRIL 2

Week 1- FW 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1
	(V) Blueberry French Toast 3	Scrambled Eggs w/ Ham & Cheese  0	(V) Waffles 2	(V) Denver Scrambled Eggs  0	Breakfast Casserole  0	(V) Apple Pannekoeken 2	Bacon Hash Brown Bake  1
	Sausage Links  0	Bacon  0			Potatoes  2	Sausage Patty  0	

SOUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME
Chicken Fettuccine 2	Chili Con Carne 1	Sausage and Peppers w/Pasta 2	Chicken Cranberry Waldorf Sandwich 3	Beef Stroganoff 0	Grilled Turkey & Cheese Sandwich 2	Pineapple Baked Ham  1	
Peas & Mushrooms  1	w/Sour Cream and Cheddar Cheese  0	Dinner Roll 1	Lettuce Leaf  0	Egg Noodles 2	Dill Pickle Spear  0	Scalloped Potatoes 1	
Dinner Roll 1	Cornbread 2	Apple Cobbler 2	Potato Chips  1	Garlic Breadstick 1	Coleslaw  1	Green & Yellow Beans  0	
Butterscotch Square 2	Pumpkin Cake 2		Chocolate Pecan Bar 2	Tossed Salad w/Dressing  1	Ice Cream Sundae  3	Lemon Meringue Pie 3	

Parmesan Turkey  0	Cranberry Chicken  0	Swedish Meatballs 1	Garlic Herb Crusted Pork Loin  0	Chicken & Corn Casserole 2	Beef Tips in Gravy 0	Individual Pizza 6
Wild Rice Pilaf 2	Herbed & Onion Potatoes  2	Mashed Red Potatoes  1	Baked Sweet Potatoes  2	Cranberry Almond Butternut Squash  2	Egg Noodles 2	Caesar Salad 1
Corn  1	Roasted Carrots  1	Sauteed Green Beans  0	Braised Brussel Sprouts  0	Cheesecake  2	4 Way Vegetable Blend  1	Lemon Meringue Pie 3
Butterscotch Square 2	Pumpkin Cake 2	Apple Cobbler 2	Chocolate Pecan Bar 2		Ice Cream Sundae  3	

WEEKLY MENU FEBRUARY 27-MARCH 5

Week 2 – FW 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1
	(V) Cinnamon Raisin French Toast 4	(V) Western Scramble 0	(V) Waffles 2	(V) Tomato & Spinach Scramble 0	Southwest Breakfast Bake 2	(V) Pumpkin Pancakes 4	(V) Potato & Egg Breakfast Bake 0
	Sausage Links 0	Sausage Links 0		Toast 1	Potatoes 2	Sausage Links 0	Toast 1
	Toast 1	Toast 1					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Beef Stew 1	Ham Salad on a Roll 2	Turkey Divan Casserole 2	Hot Roast Beef Sandwich 2	Sloppy Joe Sandwich 2	Tuna Melt Sandwich 3	Chicken & Mushrooms w/Wine Sauce 1
	Biscuit 2	Tomato Wedge 0	Dinner Roll 1	Mashed Red Potatoes 1	Pickle Spear 0	Potato Chips 1	Mashed Red Potatoes 1
	Oatmeal Cranberry Cookie 4	Cantaloupe Wedges 1	Tossed Salad w/Dressing 0	Roasted Carrots 1	Seasoned Potato Wedges 2	Raw Veggies w/Dressing 1	Dinner Roll 1
	Frosted Pumpkin Bar 3	Frosted Pumpkin Bar 3	Banana Chocolate Chip Bread 3	Bread Pudding 1	Sherbet 2	Blonde Brownie 2	Green Beans 0
							Apple Pie 3

LUNCH	Cornflake Chicken 1	Meatloaf 1	Sweet & Sour Chicken 1	BBQ Pork 1	Chicken Chow Mein 0	Tater Tot Casserole 1	Cheese Ravioli w/Marinara Sauce or Alfredo Sauce 2
	Cheesy Hashbrowns 1	Tomato Gravy 0	White Rice 1	Mashed Sweet Potatoes 2	Fortune Cookie 1	Roasted Root Veggies 1	Garlic Breadstick 1
	Steamed Broccoli w/Garlic 0	Baked Potato 3	Butternut Squash 1	Cauliflower 0	Chow Mein Noodles 1	Blonde Brownie 2	4 Way Vegetable Blend 1
	Oatmeal Cranberry Cookie 4	Buttered Beets 0	Banana Chocolate Chip Bread 3	Bread Pudding 1	Seasoned Rice 2		Apple Pie 3
	Frosted Pumpkin Bar 3			Sherbet 2			

= BeWell recipe **(V)** = VEGETARIAN - does not contain meat, poultry, fish & shellfish. May contain dairy products, eggs & honey = GLUTEN RESTRICTED - item not made with gluten containing ingredients **CC** = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU MARCH 6-12

Week 3 – FW 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fresh Fruit 1 (V) Blueberry French Toast 3 Sausage Links 0	Fresh Fruit 1 Scrambled Eggs w/ Ham & Cheese 0 Bacon 0	Fresh Fruit 1 (V) Waffles 2	Fresh Fruit 1 (V) Denver Scrambled Eggs 0	Fresh Fruit 1 Breakfast Casserole 0 Potatoes 2	Fresh Fruit 1 (V) Apple Pannekoeken 2 Sausage Patty 0	Fresh Fruit 1 Bacon Hash Brown Bake 1
SOUP	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME
LUNCH	Shepherd's Pie 1 Dinner Roll 1 Autumn Fruit Salad 1	Turkey Ala King 0 Biscuit 2 Ice Cream Sundae 3	Seafood Pasta Salad 2 Tomato Wedge 0 Sliced Pears 1 Carrot Cake 2	Turkey, Ham & Cheese Sandwich 2 Tossed Salad w/Dressing 0 Seven Layer Bar 2	Meat Lasagna 4 Corn 1 Garlic Breadstick 1 Rice Pudding 2	Turkey Broccoli Rice Casserole 1 4 Way Vegetable Blend 1 Dinner Roll 1 Apple Crisp 4	Beef Pot Roast w/Gravy 0 Garlic Mashed Potatoes 1 Dinner Roll 1 Green Bean Casserole 1 Boston Cream Pie 3
DINNER	Baked Pork Chop 0 Onion Gravy 0 Baked Beans 2 Spaghetti Squash 1 Autumn Fruit Salad 1	Beef Rigatoni 2 Broccoli 0 Ice Cream Sundae 3	Chicken Tostito Casserole 2 Dinner Roll 1 Green Beans 0 Carrot Cake 2	Cranberry Meatballs 1 Mashed Red Potatoes 1 Carrots 1 Seven Layer Bar 2	Parmesan Fish 0 Vegetable Rice Pilaf 2 Peas 1 Rice Pudding 2	Baked Chicken w/Lemon & Garlic 0 Roasted Potatoes 2 Broccoli Cauliflower Blend 0 Apple Crisp 4	Turkey Reuben Sandwich 3 Pickle Spear 0 Baked Potato Salad 1 Boston Cream Pie 3



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WEEKLY MENU MARCH 13-19

Week 4 – FW 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1	Fresh Fruit  1
	(V) Cinnamon Raisin French Toast 4	(V) Western Scramble  0	(V) Waffles 2	(V) Tomato & Spinach Scramble  0	Southwest Breakfast Bake 2	(V) Pumpkin Pancakes 4	(V) Potato & Egg Breakfast Bake  0
		Sausage Link  0		Potatoes  2	Toast 1	Sausage Link  0	Toast 1
		Toast 1					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME
	Grilled Cheese w/Tomato & Bacon 3	Chicken Pot Pie 1	Turkey Cutlet w/Sauce  0	(V) Egg Salad Croissant 2	Beef Taco Casserole 3	Hot Pork Sandwich 2	Roast Turkey  0
	Dill Pickle  0	Dinner Roll 1	Baked Potato  3	Tomato Wedge  0	Sour Cream  0	Broccoli  0	Turkey Gravy 0
	Tossed Salad w/Dressing  0	Butterscotch Pudding Parfait 2	4 Way Vegetable Blend  1	Cantaloupe Wedges  1	Tortilla Chips w/Salsa  2	Cauliflower Blend 2	Cranberry Sauce  1
	Spice Cake 2		Peach Marshmallow Gelatin 2	Molasses Cookies 3	Frosted Orange Cake 2	Potato Wedges  2	Bread Stuffing 2
LUNCH						Ice Cream Sundae  3	Spaghetti Squash  1
							Pumpkin Pie 2
DINNER	Tuna Noodle Casserole 2	Sweet & Sour Pork  3	Spaghetti & Meat Sauce 2	Mustard Glazed Ham  0	Baked Chicken Thigh  0	Salisbury Steak  1	Ham & Potato Casserole 2
	Dinner Roll 1	Fortune Cookie 1	Garlic Breadstick 1	Rosemary Potatoes  2	Balsamic Reduction  1	Mushroom Gravy 0	Dinner Roll 1
	Maple Glazed Carrots  1	Fried Rice 2	Green Beans  0	Harvard Beets  1	Parslied Potatoes  2	Garlic Mashed Potatoes  1	Roasted Carrots  1
	Spice Cake 2	Stir Fry Vegetables  0	Peach Marshmallow Gelatin 2	Molasses Cookies 3	Creamed Spinach 1	4 Way Vegetable Blend  1	Pumpkin Pie 2
		Butterscotch Pudding Parfait 2			Frosted Orange Cake 2	Ice Cream Sundae  3	



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WEEKLY MENU MARCH 20-26

Week 5 – FW 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1
	(V) Peach Stuffed French Toast 3	(V) Scrambled Eggs w/ Cheese 0	(V) Waffles 2	(V) Mushroom & Swiss Scramble 0	(V) Cinnamon Chocolate Chip Pancakes 4	(V) Apple Pancakes 4	Ham & Egg Breakfast Bake 1
	Sausage Links 0	Bacon 0		Sausage Patty 0	Bacon 0	Sausage Links 0	Iced Cinnamon Roll 2
	Toast 1	Toast 1	Toast 1	Toast 1			

SOUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Grilled Chicken Sandwich 2	Ham and Cheese Sandwich 2	Baked Fish w/Dill Sauce 0	Turkey Burger on Bun 2	Chicken Taco Salad 1	Grilled Pork Sandwich w/Cheese 2	Garlic herb Roast Beef 0
LUNCH	Pickle Spear 1	Potato Chips 1	Cottage Fries 2	Three Bean Salad 1	Fresh Cilantro 0	Potato Wedges 2	Garlic Mashed Potatoes 1
	Steak Fries 2	Coleslaw 1	Peas 1	Chocolate Frosted Yellow Cake 2	Mexican Corn 1	Rhubarb Crisp 3	Roasted Carrots 1
	Cream Cheese Bar 3	Apple Streusel Cupcake 2	Parfait Dessert Bar 2		Pineapple Pudding 2		Peach Crumb Pie 3

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Apricot & Ginger Pollock 2	Beef Tomato Casserole 2	Chicken Broccoli Alfredo 2	Cranberry Glazed Pork Loin 1	Lemon Pepper Pollock 0	Chicken & Dumplings 1	Italian Hoagie 3
	Rice Pilaf 2	4 Way Vegetable Blend 1	Roasted Carrots 1	Brown Rice Pilaf 1	Baked Potato 3	4 Way Vegetable Blend 1	Marinated Vegetable Salad 0
	Green Beans 0	Apple Streusel Cupcake 2	Parfait Dessert Bar 2	Brussel Sprouts 1	Braised Green Beans 0	Rhubarb Crisp 3	Peach Crumb Pie 3
	Cream Cheese Bar 3			Chocolate Frosted Yellow Cake 2	Pineapple Pudding 2		

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