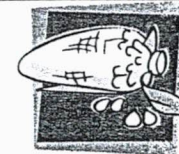


GOOD FOR YOUR HEALTH MENUS

Spring

May 20 - 26, 2019

Week 3



MONDAY May 20	TUESDAY May 21	WEDNESDAY May 22	THURSDAY May 23	FRIDAY May 24	SATURDAY May 25	SUNDAY May 26
Fried Egg Buttered Wheat Toast Raisin Bran Blended Juice	Baked Vegetable Omelet Buttered Wheat Toast Oatmeal Grape Juice	Pancake with Warm Syrup Breakfast Meat Raisin Bran Cereal Apple Juice	Denver Omelet Hash Browns Oatmeal Orange Juice	Scrambled Egg Cinnamon Toast Hot Farina Pineapple Juice	French Toast with Warm Syrup Breakfast Meat Toasted Oats Blended Juice	Egg Benedict Casserole Oatmeal Fruit Cup Apple Juice
Combination Pizza Zucchini with Italian Herbs Fresh Green Salad Oatmeal Raisin Cookie	BBQ Chicken Legumes d' Cassoulet Fresh Carrots Wheat Roll Spring Fruit Dessert	Lentil Soup Fish & Chips Broccoli Salad Fruit Cup	Cheese Pasta Bake Peas with Mushrooms Italian Green Salad Herb Biscuit Fresh Fruit	Bean & Barley Soup Sloppy Joe Confetti Corn Cappuccino Mousse	Grilled Turkey Pastrami Sandwich Potato Chips Creamy Cucumber & Celery Salad Snickerdoodle Cookies	Green Chili with Beans Spinach Square Cornbread Sherbet
Turkey Alfredo Parsley & Herb Penne Green Beans with Dill Wheat Roll Apple Crisp	Argentine Beef Stew Tossed Green Salad with Dressing Cornbread Strawberry Gelatin Whip	Garden Fresh Meatloaf Mashed Potatoes Spinach Au Gratin Garlic Bread Chocolate Peanut Butter Bar	Szechuan Pork Fried Rice Stir Fry Vegetables Confetti Coleslaw Tapioca Pudding	Lemon Baked Fish Buffet Potato Casserole Scandinavian Vegetables Wheat Roll Ice Cream	Chicken with Mushroom Sauce Egg Noodles Seasoned Broccoli Garlic Bread Rainbow Gelatin Cake	Roast Beef with Gravy Herb Mashed Potatoes Parslied Carrots Wheat Roll Cool Strawberry Pie

Milk and Beverage Offered with Every Meal; RDs for Healthcare, Inc.