



Good For Your Health Menus



Spring

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Fried Egg Buttered Wheat Toast Toasted Oats Orange Juice</p>	<p>Scrambled Egg Blueberry Muffin Oatmeal Apple Juice</p>	<p>Pancake with Apple Topping Breakfast Meat Corn Flakes Pineapple Juice</p>	<p>Mushroom & Cheese Egg Scramble Cinnamon Toast Raisin Bran Cereal Grape Juice</p>	<p>French Toast Breakfast Meat Oatmeal Blended Juice</p>	<p>Baked Vegetable Omelet Buttered Wheat Toast Hot Farina Orange Juice</p>	<p>Scrambled Egg Sweet Roll Raisin Bran Cereal Pineapple Juice</p>
<p>Chicken with Parmesan Scalloped Potatoes with Red Bell Peppers Garlic Spinach Wheat Roll Rocky Road Pudding</p>	<p>Zesty Lasagna Italian Green Beans Garlic Bread Peanut Butter Cookie</p>	<p>Roast Turkey with Béarnaise Sauce Sweet Potatoes Cauliflower & Peas with a Touch of Rosemary Fresh Green Salad Sherbet</p>	<p>Hunan Chicken with Garlic Imperial Noodles Stir Fry Vegetables Cucumber & Onion Salad Tapioca Pudding</p>	<p>Pork Carnitas with Fixings Cilantro Lime Rice Seasoned Broccoli Flour Tortilla Black Bottom Coconut Bar</p>	<p>Juicy Corned Beef Boiled Dill Potatoes Cabbage & Carrots Wheat Roll Ice Cream</p>	<p>Baked Ham with Sweet Mustard Sauce Buffet Potato Casserole Seasoned Peas with Onions Wheat Roll Strawberry Shortcake</p>
<p>Split Pea Soup Deli Meat Sandwich Mixed Greens Salad Fruit Cup</p>	<p>Beef Stew Fresh Fruit Salad Cornbread Whipped Gelatin</p>	<p>Cheese Enchilada Refried Beans Mexicali Rice Pear Crisp</p>	<p>Hamburger Day Bacon Cheeseburger on a Hamburger Bun Baked Beans Confetti Coleslaw Fresh Fruit Cup</p>	<p>Cream of Vegetable Soup Turkey Salad on Bed of Lettuce Tomato Slice Creamy Garbanzo Bean Salad Wheat Roll Baked Apricot Crunch</p>	<p>Tomato Soup Grilled Two Cheese Sandwich Tator Tots Mandarin Oranges</p>	<p>Rigatoni with Meat Sauce Corn with Green Peppers Garlic Bread Cinnamon Peaches</p>

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