



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
	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1
	(V) Cinnamon Raisin French Toast 4	(V) Western Scramble 0	(V) Waffles 2	(V) Tomato & Spinach Scramble 0	Southwest Breakfast Bake 2	Biscuits & Gravy 3	(V) Pumpkin Pancakes 4
		Sausage Links 0		Potatoes 1	Toast 1		Sausage Links 0
	Toast 1						
SOUP	Chicken Noodle	Sauerkraut Dumpling	Broccoli Cheese	Vegetable Barley	Chili	Chicken & Dumpling	Split Pea & Ham
LUNCH	Cornflake Chicken 1	Meatloaf 1	Sweet & Sour Chicken 1	BBQ Pork Ribs 2	Chicken Chow Mein 0	Tater Tot Casserole 2	Chicken & Mushrooms w/Wine Sauce 1
	Cheesy Hashbrowns 1	Tomato Gravy 0	White Rice 1	Macaroni & Cheese 1	Fortune Cookie 1	Roasted Root Veggies 1	Mashed Red Potatoes 1
	Sauteed Broccoli w/Garlic 0	Baked Potato 3	Butternut Squash 1	Green Beans 0	Chow Mein Noodles 1	Blonde Brownie 2	Green Beans 0
	Oatmeal Cranberry Cookie 4	Buttered Beets 0	Banana Chocolate Chip Bread 3	Bread Pudding 1	Seasoned Rice 2		Apple Cobbler 2
		Magic Bar 1			Sherbet 2		
DINNER	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	Spaghetti & Meat Sauce 2
	Biscuit 2	Tomato Wedge 0	Dinner Roll 1	Mashed Red Potatoes 1	Pickle Spear 0	Potato Chips 1	Garlic Breadstick 1
	Oatmeal Cranberry Cookie 4	Cantaloupe Wedges 1	Peas 1	Roasted Carrots 1	Seasoned Potato Wedges 2	Raw Veggies w/Dressing 1	4 Way Vegetable Blend 1
		Magic Bar 1	Banana Chocolate Chip Bread 3	Bread Pudding 1	Sherbet 2	Blonde Brownie 2	Apple Cobbler 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	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1	Fresh Fruit 1
	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1
	(V) Blueberry French Toast 3	Scrambled Eggs w/ Ham & Cheese 0	(V) Waffles 2	(V) Denver Scrambled Eggs 0	Breakfast Casserole 0	Biscuits & Gravy 3	(V) Apple Pannekoeken 2
	Sausage Links 0	Bacon 0		Iced Cinnamon Roll 2	Potatoes 1		Sausage Patty 0
SOUP	Chicken Noodle	Sauerkraut Dumpling	Broccoli Cheese	Vegetable Barley	Chili	Chicken & Dumpling	Split Pea & Ham
	Baked Pork Chop 0	Beef Rigatoni 2	Chicken Tostito Casserole 2	Cranberry Meatballs 1	Parmesan Fish 0	Baked Chicken w/Lemon & Garlic 0	Pot Roast w/Gravy 0
LUNCH	Onion Gravy 0	Broccoli 0	Dinner Roll 1	Mashed Red Potatoes 1	Vegetable Rice Pilaf 2	Roasted Potatoes 2	Garlic Mashed Potatoes 1
	Baked Beans 2	Ice Cream Sundae 3	Green Beans 0	Carrots 1	Peas 1	Broccoli Cauliflower Blend 0	Dinner Roll 1
	Spaghetti Squash 1		Carrot Cake 2	Seven Layer Bar 2	Rice Pudding 2	Blueberry Crisp 3	Green Bean Casserole 1
	Autumn Fruit Salad 1						Chocolate Chip Brownie 4
DINNER	Shepherd's Pie 1	Turkey Ala King 0	Seafood Pasta Salad 2	Ham, Turkey & Cheese Sandwich 2	Meat Lasagna 4	Turkey Broccoli Rice Casserole 1	Turkey Reuben Sandwich 3
	Dinner Roll 1	Biscuit 2	Tomato Wedge 0	Tossed Salad w/Dressing 0	Corn 1	4 Way Vegetable Blend 1	Pickle Spear 0
	Autumn Fruit Salad 1	Ice Cream Sundae 3	Sliced Pears 1	Seven Layer Bar 2	Garlic Breadstick 1	Dinner Roll 1	Baked Potato Salad 1
			Carrot Cake 2		Rice Pudding 2	Blueberry Crisp 3	Chocolate Chip Brownie 4

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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
	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1
	(V) Cinnamon Raisin French Toast 4	(V) Western Scramble 0	(V) Waffles 2	(V) Tomato & Spinach Scramble 0	Southwest Breakfast Bake 2	Biscuits & Gravy 3	(V) Pumpkin Pancakes 4
		Sausage Link 0		Potatoes 1	Toast 1		Sausage Link 0
	Toast 1						
SOUP	Chicken Noodle	Sauerkraut Dumpling	Broccoli Cheese	Vegetable Barley	Chili	Chicken & Dumpling	Split Pea & Ham
	Tuna Noodle Casserole 2	Sweet & Sour Pork 3	Spaghetti & Meat Sauce 2	Mustard Glazed Ham 0	Baked Chicken Thigh 0	Salisbury Steak w/ Mushroom Gravy 1	Roast Turkey 0
	Dinner Roll 1	Fortune Cookie 1	Garlic Breadstick 1	Rosemary Potatoes 2	Parslied Potatoes 2	Garlic Mashed Potatoes 1	Turkey Gravy 0
	Maple Glazed Carrots 1	White Rice 1	Green Beans 0	Harvard Beets 1	Creamed Spinach 1	4 Way Vegetable Blend 1	Bread Stuffing 2
	Spice Cake 2	Stir Fry Vegetables 0	Marshmallow Gelatin 2	Molasses Cookies 3	Frosted Orange Cake 2	Ice Cream Sundae 3	Spaghetti Squash 1
	Butterscotch Pudding Parfait 2					Pumpkin Bar 3	
DINNER	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	Ham & Potato Casserole 2
	Tossed Salad w/Dressing 0	Dinner Roll 1	Baked Potato 3	Tomato Wedge 0	Sour Cream 0	Broccoli Cauliflower Blend 0	Dinner Roll 1
	Spice Cake 2	Butterscotch Pudding Parfait 2	4 Way Vegetable Blend 1	Cantaloupe Wedges 1	Tortilla Chips w/Salsa 2	Potato Wedges 2	Roasted Carrots 1
			Marshmallow Gelatin 2	Molasses Cookies 3	Frosted Orange Cake 2	Ice Cream Sundae 3	Pumpkin Bar 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
	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 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	Biscuits & Gravy 3	(V) Apple Pancakes 4
	Sausage Links 0	Bacon 0		Sausage Patty 0	Bacon 0		Sausage Links 0
SOUP	Chicken Noodle	Sauerkraut Dumpling	Broccoli Cheese	Vegetable Barley	Chili	Chicken & Dumpling	Split Pea & Ham
LUNCH	Apricot & Ginger Pollock 2	Beef & Tomato Casserole 2	Chicken Broccoli Alfredo 2	Cranberry Glazed Pork Loin 1	Lemon Pepper Pollock 0	Chicken & Dumplings 1	Garlic Herb Roast Beef 0
	Rice Pilaf 2	4 Way Vegetable Blend 1	Roasted Carrots 1	Brown Rice Pilaf 1	Baked Potato 3	4 Way Vegetable Blend 1	Garlic Mashed Potatoes 1
	Green Beans 0	Apple Streusel Cupcake 3	Parfait Dessert Bar 2	Brussel Sprouts 1	Braised Green Beans 0	Rhubarb Crisp 3	Cauliflower 0
	Cream Cheese Bar 3			Chocolate Frosted Yellow Cake 2	Pineapple Pudding 2		Peach Crumb Pie 3
DINNER	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	Italian Hoagie 3
	Steak Fries 2	Pickle Spear 0	Cottage Fries 2	Three Bean Salad 1	Mexican Corn 1	Potato Wedges 2	Marinated Vegetable Salad 0
	Cream Cheese Bar 3	Potato Chips 1	Coleslaw 0	Chocolate Frosted Yellow Cake 2	Pineapple Pudding 2	Rhubarb Crisp 3	Peach Crumb Pie 3
		Apple Streusel Cupcake 2	Parfait Dessert Bar 2				

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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
	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1	Cream of Wheat 1	Oatmeal 1
	(V) Blueberry French Toast 3	Scrambled Eggs w/ Ham & Cheese 0	(V) Waffles 2	(V) Denver Scrambled Eggs 0	Breakfast Casserole 0	Biscuits & Gravy 3	(V) Apple Pancakes 4
	Sausage Links 0	Bacon 0		Iced Cinnamon Roll 2	Potatoes 1		Sausage Patty 0
SOUP	Chicken Noodle	Sauerkraut Dumpling	Broccoli Cheese	Vegetable Barley	Chili	Chicken & Dumpling	Split Pea & Ham
	Parmesan Turkey 0	Cranberry Chicken 0	Swedish Meatballs 1	Roast Pork w/Gravy 1	Chicken & Corn Casserole 2	Beef Tips in Gravy 0	Pineapple Baked Ham 1
LUNCH	Wild Rice Pilaf 2	Herbed & Onion Potatoes 2	Mashed Red Potatoes 1	Baked Sweet Potatoes 2	Cranberry Almond Butternut Squash 2	Egg Noodles 2	Scalloped Potatoes 1
	Corn 1	Roasted Carrots 1	Sauteed Green Beans 0	Braised Brussel Sprouts 0	Cheesecake 2	4 Way Vegetable Blend 1	Green & Yellow Beans 0
	Butterscotch Square 2	Pumpkin Cake 2	Chocolate Chip Cookies 4	Chocolate Pecan Bar 2		Ice Cream Sundae 3	Lemon Bar 2
	Chicken Fettuccine 2	Chili Con Carne w/Sour Cream and Cheddar Cheese 0	Sausage and Peppers w/Pasta 2	Chicken Cranberry Waldorf Sandwich 3	Beef Stroganoff 0	Grilled Turkey & Cheese Sandwich 2	Individual Pizza 6
DINNER	Peas & Mushrooms 1	Cornbread 2	Dinner Roll 1	Lettuce Leaf 0	Egg Noodles 2	Coleslaw 1	Caesar Salad 1
	Dinner Roll 1	Pumpkin Cake 2	Chocolate Chip Cookies 4	Potato Chips 1	Garlic Breadstick 1	Ice Cream Sundae 3	Lemon Bar 2
	Butterscotch Square 2			Chocolate Pecan Bar 2	Broccoli 0		
					Cheesecake 2		



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