



MealTracker™ Menu

SPRING/SUMMER

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	6oz. Pineapple Juice 6oz. Farina 2ea. French Toast 2ea. Sausage Links 1ea. Syrup 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: ¼ c. Scrambled Eggs 1sl. White Toast 1ea. Jelly	4oz. Apple Juice 6oz. Oatmeal ¼ c. Scrambled Eggs 1ea. Biscuit 1ea. Jelly 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 2ea. Waffles 1ea. Sausage Patty 1ea. Syrup	6oz. Cranberry Juice 1ea. Dry Cereal 2 ea. Pancakes 1oz. Frizzled Ham 1ea. Syrup 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 1ea. Boiled Egg 1sl. Wheat Toast 1ea. Jelly	6oz. Orange Juice 6oz. Farina 3oz. Omelet 1sl. Banana/Nut Bread 1ea. Jelly 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 2ea. French Toast 2ea. Sausage Links 1ea. Syrup	6oz. Pineapple Juice 6oz. Oatmeal 2ea. Waffles 1ea. Sausage Patty 1ea. Syrup 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: ¼ c. Scrambled Eggs 1ea. English Muffin 1ea. Jelly	6oz. Apple Juice 6oz. Farina 1ea. Boiled Egg 1ea. Danish 1ea. Jelly 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 2 ea. Pancakes 1oz. Frizzled Ham 1ea. Syrup	6oz. Orange Juice 1ea. Dry Cereal 1ea. Banana 2ea. French Toast 2sl. Bacon 1ea. Syrup 1t. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Omelet 1sl. White Toast 1ea. Jelly
L U N C H	3oz. Roast Beef 1/2c. Scalloped Potatoes 1/2c. Baked Broccoli 1/2c. Pears 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Chicken Fillet on Bun	3oz. Herb Baked Chicken 1/2c. Rice Pilaf 1/2c. Harvard Beets 1c. Tossed Salad 2T. Russian Dressing 1/2c. Cranberry Velvet 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 1ea. Hotdog on Bun	8oz. Beef and Vegetable Stir Fry 1/2c. White Rice 3sl. Tomato Salad 1 ea. Peach Crisp 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Oven Broiled Fish Fillet	6oz. Veal Scallopini with Marsala 1/2c. Pasta 1/2c. Squash Medley 1sl. Golden Chiffon Cake 1sl. French Bread 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 1/2c. Tuna Salad Plate	1ea. Savory Pork Chops 1ea. Baked Sweet Potato 1/2c. Buttered Cauliflower 1/2c. Caramel Custard 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: ¼ Oven Broiled Chicken	3oz. Corned Beef and Cabbage 1/2c. Parsley Boiled Potatoes 1/2c. Beet and Egg Salad 1/2c. Fresh Fruit Cocktail 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 1ea. Shrimp Salad Sandwich	3oz. Baked Fish Piquant 1/2c. Oven Cooked Rice 1/2c. Buttered Peas 1/2c. Marinated Cucumber Salad 8/10 cut Chocolate Brownie 1ea. Dinner Roll 1ea. Margarine 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Breaded Pork Steak
D I N N E R	1ea. Egg Salad Sandwich on Whole Wheat Bread 1/2c. Ambrosia 1/3c. Kidney Bean Salad 8x10 cut Devil's Food Cake 1ea. Zucchini Muffin 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 4oz. Turkey a la King	6oz. Fresh Vegetable Soup 1ea. Grilled Ham and Cheese Sandwich 1/2c. Macaroni Salad 2ea. Chocolate Chip Cookie 4ea. Crackers 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Chopped Steak 1/2c. Mashed Potato	1/2c. Spaghetti with 4oz. Meat Sauce 1/2c. Italian Green Beans 5/10 cut Italian Cream Cheese Cake 1ea. Garlic Bread 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Pork Steak in Mushroom Sauce 1/2c. Buttered Noodles	6oz. Tomato Juice 1/2c. Turkey Salad on Croissant 1/2c. Carrot and Raisin Salad 1/2c. Apricots 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Country Fried Steak	3oz. Scallops Saute au Vin 1/2c. Buttered Noodles 1/2c. Layered Vegetable Salad 1/2c. Peach Orange Fruit Cup 1ea. Roll 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 6oz. Beef Macaroni Casserole	¼ Stewed Chicken 1/2c. Rice Pilaf 1/2c. Zucchini & Tomatoes 1/2c. Cheese and Pineapple Salad 6x8 cut Southern Peanut Butter Cake 1ea. Roll 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 8oz. Ham, Rice and Green Bean Casserole	3oz. Cheese Burger on 1ea. Bun 1/2c. Tator Tots 1/2ea. Lettuce/ Tomato/ Pickle 1/2c. Fruit Fluff Dessert 1ea. Margarine 8oz. Whole Milk 8oz. Coffee Water 2ea. Sugar/Creamers 1ea. Salt/Pepper Second Choice: 3oz. Chicken Tenders