Ciarinda Regional Health Center		Spring/	Summer CRHC Me	Regular/No Added Salt Week		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-01	Apr-02	Apr-03	Apr-04	Apr-05	Apr-06	Apr-07
Breakfast						
Pancakes Alt. Cream of Wheat Bacon Alt. Scrambled Eggs Sliced Strawberries Alt. Scone Skim Milk Coffee	Scrambled Eggs with Bacon Alt. Oatmeal Alt. Hashbrown Patty Alt. Sausage Patty Fruit Cup Alt. Croissant Skim Milk Coffee	Omelet Alt. Turkey Sausage Link Hashbrowns Alt. Malt-O-Meal Assorted Muffins Diced Peaches Skim Milk Coffee	Sausage Gravy Biscuit Alt. Oatmeal Fried Egg Alt. Sausage Links Pineapple Chunks Alt. Coffee Cake Skim Milk Coffee	Cheesy O'Brien Egg Alt. Scrambled Eggs Alt. Bacon English Muffin Margarine & Jelly Alt. Cream of Wheat Fruit Cup Alt. Pecan Roll Skim Milk Coffee	Oatmeal Alt. Hashbrowns Scrambled Eggs with Ham and Cheese Alt. Sausage Links Raisin Toast Butter Alt. Fruit Turnover Mango Cup Skim Milk Coffee	Breakfast Pizza Alt. Sausage Patty Alt. Malt-O-Meal Alt. Fried Egg Fruit Cup Alt. Glazed Doughnut Skim Milk Coffee
Lunch						
Baked Spaghetti Alt. Cuban Sandwich Breadstick Alt. Fried Side Shredded Lettuce Salad with Dressing Alt. Vegetable Blend Alt. Baby Carrots Watermelon Alt. Red Star Cake Iced Tea Milk	Herb Crusted Salmon Alt. BBQ Beef on a Bun Garlic Butter Rice Alt. Baked Sweet Potato Asparagus Alt. Whole Kernel Corn Sherbet Alt. Lemon Chiffon Pie Iced Tea Milk	Buttered Chicken Alt. Beef and Broccoli Stir Fry Potato Wedges Alt. Macaroni & Cheese Alt. Steamed Rice Sugar Snap Peas Alt. Yellow Squash Berry Mix Fresh Alt. Rice Krispies Bar Iced Tea Milk	Hamburger on a Bun Alt. Bacon Wrapped Slaw Dog Green Beans Alt. Capri Vegetable Blend Alt. Crispy Curly Fries Marble Cheesecake Brownie Alt. Fruit Cup Iced Tea Milk	Country Style Pork Ribs Alt. Cajun Shrimp Pasta Scalloped Potatoes Alt. Fettuccine Noodles Brussels Sprouts Alt. Sugar Snap Peas Grapes Alt. Snowball Cookies 2 Iced Tea Milk	Chicken Kabobs Alt. Salisbury Steak Alt. Ham Salad on a Croissant Brown Rice Alt. Mashed Potatoes Alt. Brown Gravy Cauliflower Alt. Vegetable Blend Boston Cream Poke Cake Alt. Tropical Fruit Iced Tea Milk	Beef Tips with Mushroom Gravy Alt. Cracked Chicken Casserole Mashed Potatoes Alt. Fried Side Dinner Roll Broccoli Florets Alt. Baby Carrots Fantasy Fruit Alt. Blueberry Pie Iced Tea Milk
Dinner						
Smothered Chicken Baked Potato Roasted Zucchini Cornflake Peanut Butter Cookie Iced Tea Skim Milk	Chicken Strips Breaded Macaroni & Cheese Fried Side Broccoli Florets Cinnamon Baked Apples Iced Tea Skim Milk	Roast Beef Sour Cream Mashed Potatoes Vegetable Blend Cherry Pie Bars Iced Tea Skim Milk	Pulled Pork Hamburger Bun Barbecue Sauce Baked Potato Baby Carrots Mandarin Oranges Alt. Chocolate Cream Pie Iced Tea Skim Milk	Parmesan Ranch Chicken Baked Sweet Potato Asparagus German Chocolate Cake Iced Tea Skim Milk	Hamburger on a Bun French Fries Summer Squash Diced Peaches Alt. Cream Puff Dessert Iced Tea Skim Milk	Meatballs with Noodles Breadstick Green Beans Strawberry Shortcake Iced Tea Skim Milk

Ciaringa Regional Health Center		Spring/Summer CRHC Menus			Regular/No Added Salt Week	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-08	Apr-09	Apr-10	Apr-11	Apr-12	Apr-13	Apr-14
Breakfast						
Scrambled Eggs Alt. Oatmeal Sausage Patty Alt. Breakfast Quesadilla Alt. Poached Egg Bread of Choice Fruit Cup Skim Milk Coffee	Fried Egg Alt. Bacon Smothered Hash Alt. Cream of Wheat Vanilla Yogurt Mango Cup Alt. Assorted Danish Skim Milk Coffee	Waffle Margarine & Syrup Alt. Oatmeal Alt. Brown Sugar Sausage Patty Alt. Egg Berry Cup Alt. Apple Strudel Skim Milk Coffee	Southwest Egg Bake Alt. Sausage Links Wheat Toast Butter & Jelly Alt. Malt-O-Meal Grapes Alt. Monkey Bread 2 Skim Milk Coffee	Poached Egg Alt. Oatmeal Bacon Alt. Breakfast Sausage Burrito Hashbrowns White Toast Butter & Jelly Alt. Muffin Diced Peaches Skim Milk Coffee	French Toast Butter & Syrup Alt. Cream of Wheat Sausage Patty Alt. Egg Honeydew Melon Alt. Scone Skim Milk Coffee	Sausage Gravy Biscuit Alt. Bacon Alt. Oatmeal Scrambled Eggs Alt. Poached Egg Fresh Apple Slices Alt. Cinnamon Twist Skim Milk Coffee
Lunch						
Beef Porcupines Alt. Cheese Quesadilla with Roasted Peppers Alt. Strip Steak Hashbrown Casserole Sugar Snap Peas Alt. California Vegetable Blend Strawberry Fluff Iced Tea Milk	Orange Chicken Alt. Sweet & Sour Chicken Rice Alt. Crow Mein Vegetables Alt. Crab Rangoon Alt. Egg Roll Stir Fry Vegetable Blend Alt. Green Beans Fresh Fruit Alt. Peanut Butter Pie Iced Tea Milk	Tomato Spinach Pasta Alt. Hot N Spicy Chicken Garlic Bread Alt. Crispy Curly Fries Asparagus Alt. Green Peas Pudding Alt. Strawberry Shortcake Iced Tea Milk	Beef Stroganoff Alt. Chicken Coconut Egg Noodles Alt. Oven Roasted Potatoes Mixed Vegetables Alt. Cauliflower Apricot Halves Alt. Cheesecake Iced Tea Milk	Baked Herb Fish Alt. Bratwurst on a Bun Alt. Sauerkraut Garden Blend Rice Alt. Fried Side Baby Carrots Alt. Whole Kernel Corn Apple Crisp Alt. Ice Cream Iced Tea Milk	Chicken Parmesan Alt. Pasta Bar Alt. Alfredo Sauce Alt. Meatballs Alt. Penne Pasta Spaghetti Noodles Alt. Breadstick Brussels Sprouts Alt. Vegetable Blend Mandarin Oranges Alt. Coconut Cream Pie Iced Tea	Smothered Chicken Alt. Hot Italian Sandwich Baked Sweet Potato Alt. Tater Tots Broccoli Florets Alt. Green Peas Frosted Cake Iced Tea Milk
Dinner						
Sausage Gravy Biscuit Hashbrowns Grilled Vegetable Blend Pineapple Alt. Pudding Parfait Iced Tea Skim Milk	Hot Ham & Cheese Oven Roasted Potatoes Baby Carrots No Bake S'mores Bars Iced Tea Skim Milk	Breaded Pork Patty Macaroni & Cheese Potato Wedges Capri Vegetable Blend Fruit Cocktail Alt. Peach Pie Iced Tea Skim Milk	Buttered Chicken Baked Sweet Potato Fried Side Zucchini Banana Pudding Dessert Iced Tea Skim Milk	Meatloaf Sour Cream Mashed Potatoes Green Beans Sliced Strawberries Alt. French Cherry Dessert Iced Tea Skim Milk	Country Fried Steak with Cream Gravy Mashed Potatoes Alt. Country Gravy Asparagus Spears Angel Food Cake Iced Tea Skim Milk	Chili Cheese Dog Beef Chili Beef Hot Dog on Bun Cheese Sauce California Vegetable Blend Alt. Fried Side Diced Pears Alt. Haystack Cookies 2 Iced Tea Skim Milk

Ciarinua Region	iai Health Center	Spring/s	ummer CRHC Me	enus	Regular/No Added 3	Sait week 3
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-15	Apr-16	Apr-17	Apr-18	Apr-19	Apr-20	Apr-21
Breakfast						
Malt-O-Meal Alt. Hashbrown Patty Egg Alt. CAL Breakfast Muffin Sausage Patty Fruit Yogurt Granola Parfait Alt. Assorted Danish Skim Milk Coffee	Wheat Toast Butter & Jelly Alt. Oatmeal Alt. Brown Sugar Omelet Scramble Alt. Bacon Diced Pears Alt. Cinnamon Roll Skim Milk Coffee	Cream of Wheat Bacon Alt. Sausage Egg & Cheese Biscuit Casserole Poached Egg Vanilla Yogurt Fresh Fruit Alt. Pumpkin Pull-Apart Loaf Skim Milk Coffee	Hashbrown Casserole Alt. Sausage Links Fried Egg Wheat Toast Margarine & Jelly Alt. Oatmeal Alt. Brown Sugar Melon Cubes Alt. Croissant Skim Milk Coffee	Bacon Alt. Scrambled Eggs Blueberry Pancakes Alt. Malt-O-Meal Diced Peaches Alt. Coffee Cake Skim Milk Coffee	Oatmeal Brown Sugar Alt. Fruit Turnover Fried Egg Alt. French Toast Casserole Sausage Patty Fruit Mix Skim Milk Coffee	Quiche Lorraine Alt. Egg Sausage Links Wheat Toast Margarine & Jelly Alt. Cream of Wheat Mango Cup Alt. Long John Skim Milk Coffee
Lunch						
Meatloaf Alt. BLT Sandwich Mashed Potatoes Brown Gravy Alt. Fried Side Vegetable Blend Alt. Cream Style Corn Applesauce Alt. Oatmeal Bar Iced Tea Milk	Country Fried Steak w/ Cream Gravy Alt. Chicken Quesadilla Bowl Mashed Potatoes Alt. Spanish Rice Green Beans Alt. Hacienda Corn & Black Beans Alt. Fajita Vegetable Blend Cookie Iced Tea Milk	Roast Beef Alt. Pulled Pork Alt. Hamburger Bun Corn Mac Alt. Mashed Potatoes Alt. Brown Gravy California Vegetable Blend Alt. Brussels Sprouts Fresh Banana Alt. Coconut Cream Cake Iced Tea Milk	Mushroom & Swiss Cheese Hamburger Alt. Butterfly Shrimp Capri Vegetable Blend Alt. Baked Potato Alt. Green Peas Red Star Cake Iced Tea Milk	Creamy Italian Sausage Pasta Alt. Chicken Bacon Ranch Wrap Breadstick Alt. Potato Wedges Cauliflower Alt. Baby Carrots Tropical Fruit Alt. Dessert Pudding Layer CR Iced Tea Milk	Chicken Strips Breaded Alt. Beef Enchiladas Baked Beans Alt. Spanish Rice Asparagus Alt. California Vegetable Blend Strawberry Shortcake Iced Tea Milk	Catfish Fillet Alt. Gyro Bowl Alt. Strip Steak Alt. Greek Rice Alt. Tzatziki Roasted Yukon Gold & Red Potatoes Alt. Greek Rice Peas & Carrots Alt. Capri Vegetable Blend Fruit Cocktail Alt. Fruits of the Forest Pie Iced Tea Milk
Dinner						
Beef Enchiladas Alt. Seasoned Chicken Breast Spanish Rice Vegetable Blend Fruit Cup Alt. Frosted Banana Bars Iced Tea Skim Milk	Sweet Sour Chicken Tempura Battered Chicken Nuggets Rice Sweet and Sour Sauce Vegetable Blend Fresh Fruit Cup Alt. Robert Redford Cake Iced Tea Skim Milk	Roast Beef with Noodles Mashed Potatoes Zucchini & Yellow Squash Snowball Cookies 2 Alt. Mandarin Oranges Iced Tea Skim Milk	Parmesan Ranch Chicken Hashbrowns Broccoli Florets Grapes Alt. Peaches and Cream Bar Iced Tea Skim Milk	Roast Turkey Mashed Potatoes Poultry Gravy Italian Vegetable Blend Peanut Butter Bar Iced Tea Skim Milk	Hamballs Hashbrown Casserole Asparagus Pineapple Chunks Alt. Six Layer Bar Iced Tea Skim Milk	Pasta Bar Garlic Breadstick Roasted Cauliflower Rice Krispies Bar Iced Tea Skim Milk

Clarinda Regional Health Center		Spring/Summer CRHC Menus			Regular/No Added Salt Week 4		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Apr-22	Apr-23	Apr-24	Apr-25	Apr-26	Apr-27	Apr-28	
Breakfast							
Poached Egg Smothered Hash Alt. Bacon Wheat Toast Margarine & Jelly Alt. Oatmeal Fresh Fruit Alt. Assorted Danish Skim Milk Coffee	Malt-O-Meal Scrambled Eggs Alt. Southwestern Egg Bake Alt. Sausage Links White Toast Butter & Jelly Melon Cubes Alt. Croissant Skim Milk Coffee	Fried Egg Alt. Poached Egg Sausage Gravy Alt. Sausage Patty Biscuit Alt. Oatmeal Grapes Alt. Scone Skim Milk Coffee	Poached Egg Bacon Alt. Hashbrowns Wheat English Muffin Margarine & Jelly Alt. Cream of Wheat Mango Cup Alt. Cinnamon Roll Cake Skim Milk Coffee	Oatmeal Alt. Biscuit Scrambled Eggs with Bacon Alt. Sausage Patty Fruit Yogurt Granola Parfait Alt. Bread of Choice Skim Milk Coffee	Breakfast Pie Alt. Egg Sausage Links Alt. Malt-O-Meal Wheat Toast Margarine & Jelly Fresh Apple Slices Alt. Glazed Doughnut Skim Milk Coffee	Scrambled Egg with Cheese Sausage Links Alt. Poached Egg Hashbrown Patty Alt. Oatmeal Alt. Wheat Toast Alt. Margarine & Jelly Fruit Cocktail Assorted Muffins Skim Milk Coffee	
Lunch						Сопее	
Buttered Chicken Alt. Beef and Broccoli Stir Fry Sour Cream Mashed Potatoes Alt. Rice Alt. Egg Roll Broccoli Florets Alt. Whole Kernel Corn Cream Pie Iced Tea Milk	Chicken Broccoli & Rice Casserole Alt. Shrimp and Summer Veggies Dinner Roll Butter or Margarine Alt. Fried Side Vegetable Blend Alt. Green Beans Diced Peaches Alt. Robert Redford Cake Iced Tea Milk	Breaded Cod Fillet Alt. Chili Cheese Dog Baked Potato Sour Cream Butter or Margarine Asparagus Alt. Vegetable Blend Apple Crumb Cake Iced Tea Milk	Meatsauce with Spaghetti Noodles Alt. Supreme Pizza Breadstick Alt. French Fries Zucchini Alt. Cauliflower Pineapple Chunks Alt. Blueberry Zucchini Cake Iced Tea Milk	Macaroni and Cheese with Pork Alt. Bacon Cheeseburger Green Beans Alt. Crispy Curly Fries Alt. Capri Vegetable Blend Chocolate Peanut Butter Bar Iced Tea Milk	Parmesan Ranch Chicken Alt. Hamballs Hashbrown Casserole Roasted Winter Vegetables Alt. Whole Kernel Corn Blushing Pears Alt. Butter Bars Iced Tea Milk	Baked Herb Fish Alt. BBQ Beef Brisket Alt. on a Bun Macaroni & Cheese Alt. Fried Side Mixed Vegetables Alt. Zucchini & Yellow Squash Chocolate Chip Cookie Alt. Fruit Cup Iced Tea Milk	
Dinner							
Chicken Cordon Bleu Baked Sweet Potato Fried Side Vegetable Blend Fruit Cocktail Alt. Turtle Cheesecake Iced Tea Skim Milk	Chicken & Noodles Mashed Potatoes California Vegetable Blend Mint Chocolate Chip Dessert Iced Tea Skim Milk	Beef and Broccoli Stir Fry Steamed Rice Egg Roll Stir Fry Vegetable Blend Strawberries Alt. Strawberry Pretzel Dessert Iced Tea Skim Milk	Breaded Pork Patty Fried Side Baked Sweet Potato Garlic Roasted Brussels Sprouts Blonde Brownie Iced Tea Skim Milk	Beef Chili Alt. Chili Cheese Dog Baked Potato Alt. Crispy Curly Fries Broccoli Florets Tropical Fruit Alt. Custard Pie Iced Tea Skim Milk	Lo Na Sweet and Sour Chicken Steamed Rice Grilled Vegetable Blend Alt. Asparagus Cornflake Peanut Butter Cookie Iced Tea Skim Milk	Grilled Cheese Sandwich Cream of Tomato Soup French Fries Broccoli Florets Fresh Banana Alt. 1-2-3 Jello Iced Tea Skim Milk	

Spring/Summer CRHC Menus Week 5 Clarinda Regional Health Center Regular/No Added Salt

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-29	Apr-30					_
Breakfast						
Cream of Wheat	Ham & Cheese Quiche	Sausage Patty				
Alt. Breakfast Pizza	Alt. Fried Egg	Wheat English Muffin				
Scrambled Eggs	Bacon	Margarine & Jelly				
Sausage Patty	Alt. Oatmeal	Alt. Malt-O-Meal				
Vanilla Yogurt	Wheat Toast	Scrambled Eggs				
Berry Cup	Butter & Jelly	Alt. Hashbrown Casserole				
Alt. Apple Strudel	Diced Peaches	Pineapple Chunks				
Skim Milk	Alt. Assorted Danish	Alt. Cinnamon Twist				
Coffee	Skim Milk	Skim Milk				
	Coffee	Coffee				
Lunch						
Sloppy Joe on a Bun	Sweet & Sour Chicken	Chicken Pot Pie Casserole				
Alt. Nachos Pulled Pork	Alt. Sausage/Potato Skillet	Alt. Taco Salad				
Oven Roasted Potatoes	Steamed Rice	Alt. Baked Potato				
Baby Carrots	Alt. Egg Roll	Alt. Sour Cream				
Alt. Hacienda Corn & Black Beans	Stir Fry Vegetable Blend	Brussels Sprouts				
Mango Cup	Alt. Green Beans	Alt. Hacienda Corn & Black Beans				
Alt. Chocolate Peanut Butter Lasagna	Lemon Bar	Sliced Strawberries				
Iced Tea	Iced Tea	Alt. Pecan Pie Bars				
Milk	Milk	Iced Tea				
		Milk				
Dinner						
Philly Steak Sandwich	Cheeseburger on a Bun	Crispito				
Crispy Curly Fries	Bratwurst on a Bun	Cheese Sauce				
Roasted Brussels Sprouts	Sauerkraut	Spanish Rice				
Oreo Dessert	French Fries	Vegetable Medley				
Iced Tea	Zucchini & Yellow Squash	Fruit Cocktail				
Skim Milk	Apricot Halves	Alt. Cheesecake				
	Alt. Key Lime Pie	Iced Tea				
	Iced Tea	Skim Milk				
	Skim Milk					