

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Chicken & Dumplings -OR- Deli Sandwich <b>Dinner:</b> Roasted Turkey -OR- Deli Sandwich	2 <b>Breakfast:</b> Quiche Lorraine <b>Lunch:</b> Pork Chop in Mushroom Gravy -OR- Chicken Alfredo Bake <b>Dinner:</b> Beef Chow Mein Hotdish -OR- Chicken Alfredo Bake	3 <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Cheese Ravioli Alfredo with Shrimp -OR- Egg Salad Sandwich <b>Dinner:</b> Cheesy Broccoli Soup -OR- Egg Salad Sandwich	4 <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Italian Pulled Pork Sandwich -OR- Tuna Salad Sandwich <b>Dinner:</b> Eggs Benedict Casserole -OR- Tuna Salad Sandwich	5 <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Chicken Salad Wrap -OR- Hotdog on a Bun <b>Dinner:</b> Goulash -OR- Hot Dog on a Bun
6 <b>Breakfast:</b> Pancakes <b>Lunch:</b> Honey Glazed Ham -OR- Warm Turkey & Cheese Croissant <b>Dinner:</b> Stuffed Pepper Soup -OR- Warm Turkey & Cheese Croissant	7 <b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Balsamic Chicken -OR- White Chicken Chili <b>Dinner:</b> Turkey Tetrazzini -OR- White Chicken Chili	8 <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Beef Roast -OR- Deli Sandwich <b>Dinner:</b> Smothered Pork Chops -OR- Deli Sandwich	9 <b>Breakfast:</b> Western Egg Bake <b>Lunch:</b> Turkey Broccoli Casserole -OR- Baked Ziti <b>Dinner:</b> Taco in a Bag -OR- Baked Ziti	10 <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Tomato Basil Soup -OR- Egg Salad Sandwich <b>Dinner:</b> Glazed Salmon -OR- Egg Salad Sandwich	11 <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Hamburger Gravy Over Mashed Potatoes -OR- Tuna Salad Sandwich <b>Dinner:</b> Stuffing Topped Chicken -OR- Tuna Salad Sandwich	12 <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Italian Submarine Sandwich -OR- Hot Dog on a Bun <b>Dinner:</b> Loaded Baked Potato
13 <b>Breakfast:</b> Blueberry Pancakes <b>Lunch:</b> Open Face Turkey Sandwich -OR- Warm Ham & Cheese Croissant <b>Dinner:</b> Bacon Cheeseburger Hotdish -OR- Warm Ham & Cheese Croissant	14 <b>Breakfast:</b> Ham, Egg & Cheese English Muffin <b>Lunch:</b> Boiled Ham Dinner -OR- Chili <b>Dinner:</b> Chicken Parmesan -OR- Chili	15 <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Meatloaf -OR- Deli Sandwich <b>Dinner:</b> Roast Turkey French Dip -OR- Deli Sandwich	16 <b>Breakfast:</b> Sausage Egg Bake <b>Lunch:</b> Glazed Pork Loin -OR- Chicken Alfredo Bake <b>Dinner:</b> Beef Roast -OR- Chicken Alfredo Bake	17 <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Fish Sandwich -OR- Egg Salad Sandwich <b>Dinner:</b> Cheese Ravioli with Mariana Sauce -OR- Egg Salad Sandwich	18 <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Chicken Wild Rice Hotdish -OR- Tuna Salad Sandwich <b>Dinner:</b> Vegetable Beef Soup -OR- Tuna Salad Sandwich	19 <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Swedish Meatballs -OR- Hot Dog on a Bun <b>Dinner:</b> Popcorn Chicken Bowl -OR- Hot Dog on a Bun
20 <b>Breakfast:</b> Pumpkin Pancakes <b>Lunch:</b> Turkey Cutlet with Mushroom Sauce -OR- Warm Turkey & Cheese Croissant <b>Dinner:</b> Ham and Potato Soup -OR- Warm Turkey & Cheese Croissant	21 <b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Brown Sugar Glazed Pork Chop -OR- White Chicken Chili <b>Dinner:</b> Meatloaf -OR- White Chicken Chili	22 <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Chicken Drumsticks -OR- Deli Sandwich <b>Dinner:</b> BBQ Pulled Pork Mac and Cheese -OR- Deli Sandwich	23 <b>Breakfast:</b> Ham and Cheese Quiche <b>Lunch:</b> Shredded Beef French Dip Sandwich -OR- Baked Ziti <b>Dinner:</b> Country Fried Chicken -OR- Baked Ziti	24 <b>Breakfast:</b> Scrambled Eggs and Cheese <b>Lunch:</b> Three Cheese Flatbread Pizza -OR- Egg Salad Sandwich <b>Dinner:</b> Tuna Noodle Casserole -OR- Egg Salad Sandwich	25 <b>Breakfast:</b> Toasted Bagel with Cream Cheese <b>Lunch:</b> Beef Stroganoff -OR- Tuna Salad Sandwich <b>Dinner:</b> Chicken Cordon Bleu Hotdish -OR- Tuna Salad Sandwich	26 <b>Breakfast:</b> Cinnamon French Toast <b>Lunch:</b> Creamy Turkey Wild Rice Soup -OR- Hot Dog on a Bun <b>Dinner:</b> Sweet and Sour Meatballs -OR- Hot Dog on a Bun
27 <b>Breakfast:</b> Strawberry Shortcake Pancakes <b>Lunch:</b> Sloppy Joe's -OR- Warm Ham & Cheese Croissant <b>Dinner:</b> Corn Chip Chicken -OR- Warm Ham & Cheese Croissant	28 <b>Breakfast:</b> Sausage, Egg & Cheese Croissant <b>Lunch:</b> Ham Mac & Cheese Bake -OR- Chili <b>Dinner:</b> Brat Burger on a Bun -OR- Chili	29 <b>Breakfast:</b> Fruit and Yogurt Parfait with Granola <b>Lunch:</b> Beef Stew -OR- Deli Sandwich <b>Dinner:</b> Creamy Chicken Noodle Soup -OR- Deli Sandwich	30 <b>Breakfast:</b> Biscuits and Gravy Egg Bake <b>Lunch:</b> Turkey Pot Pie with Flakey Crust -OR- Chicken Alfredo Bake <b>Dinner:</b> Cheeseburger Hotdish -OR- Chicken Alfredo Bake			