

week 4 Spring/Summer					
Monday (9/7/2026)	Tuesday 9/8/2026)	Wednesday (9/9/2026)	Thursday (9/10/2026)	Friday (9/11/2026)	Saturday (9/12/2026)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Choice of Hot or Cold Cereal Bacon, Cheddar & Green Onion Frittata Toast Butter/Jelly Seasonal Fruit Cup	Choice of Hot or Cold Cereal Berry Stuffed French Toast Butter/Syrup Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Egg and Sausage Biscuit Sandwich Seasonal Fruit Cup	Choice of Hot or Cold Cereal Egg and Vegetable Skillet Toast w/ Butter/Jelly Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Belgian Waffle Butter/Syrup Ham, Bacon, or Sausage Seasonal Fruit Cup	Choice of Hot or Cold Cereal Brown Sugar Coffee Cake Choice of Egg Ham, Bacon, or Sausage Seasonal Fruit Cup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Happy Labor Day Carrot and Ginger Soup Cheeseburger Potato Salad *****ALTERNATE***** Hot Dog on a Bun Baked Beans Corn on the Cob Watermelon Slices Assorted Pies	Beef Barley Soup Philly Cheesesteak French Fries Confetti Coleslaw *****ALTERNATE***** Harvest Turkey Salad Bread or Roll with Butter Creamy Lime Tart	Cauliflower Apple Soup Pulled Pork Street Taco with Pineapple Salsa Seasoned Black Beans Fiesta Rice *****ALTERNATE***** Chicken and Strawberry Mixed Greens Salad Bread or Roll with Butter Butterscotch Cake	Cheddar Cheese Soup Turkey Cutlet with Mustard Cream Sauce Risotto Sauteed Spinach and Cherry Tomatoes *****ALTERNATE***** Beef Taco Salad Bread or Roll with Butter Cheesecake	Sweet Potato Bisque Bibb Salad Classic Patty Melt Dill Pickle Spear Rissolle Potatoes *****ALTERNATE***** Albacore Tuna Salad Plate Bread or Roll with Butter White Texas Sheet Cake	Chicken Mulligatawny Soup Grilled Chicken Sandwich with Herbed Mayonnaise Steak Fries *****ALTERNATE***** Cilantro Lime Chickpea Bowl with Tahini Dressing Pita Bread Very Vanilla Fruit Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Carrot and Ginger Soup Egg Salad Sandwich Potato Chips *****ALTERNATE***** Chicken Caesar Salad Bread or Roll with Butter Assorted Cookies	Beef Barley Soup Wedge Salad Chicken Cacciatore Buttermilk Mashed Potatoes Sauteed Fresh Spinach *****ALTERNATE***** Seafood Newburg Wild Rice Blend Roasted Fresh Vegetables Crusty Baguette Strawberry Cobbler	Cauliflower Apple Soup Balsamic Cucumber Salad Lamb Burger w/ Aioli Sweet Potato Wedges Buttered Corn on the Cob *****ALTERNATE***** Greek Marinated Chicken Glazed Fresh Beets Israeli Couscous Bread or Roll with Butter Orange Custard	Cheddar Cheese Soup Ranch Pasta Salad Petite Steak Tips w/ Caramelized Onions Sun Dried Tomato Polenta Sauteed Mushrooms *****ALTERNATE***** Baked Cheese Lasagna Buttered Zucchini & Squash Garlic Cheese Bread Homemade Brownie	Rosh Hashanah Dinner Matzo Ball Soup Carrot and Apple Slaw Apple Cider Braised Beef Brisket Potato Kugel Roasted Carrots *****ALTERNATE***** Honey Lime Glazed Chicken Simanim Rice Lemon Green Beans Honey Cake	Chicken Mulligatawny Soup Chilled Roasted Beets Roast Pork Shoulder Gruyere Cheddar Macaroni & Cheese Sauteed Garlic Asparagus *****ALTERNATE***** Brown Sugar Glazed Salmon Buttered New Potatoes Sauteed Red Cabbage Bread or Roll with Butter Pear Crisp

approved 8/21/2026

Dietitian: Jon Williams Registered Dietitian

Jon Williams RD