

MENU FOR REVIEW - Glendale F/W 21/22
Week at a Glance for General / Regular
Week 1

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|--|---|---|--|--|---|
| Breakfast | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Garden Egg Bake [P] Biscuit [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Coffee Cake [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Pancakes [GG] Syrup Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Sausage Patty [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Western Egg Bake [PP] Blueberry Muffin [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Sausage Links [P] Cinnamon Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments |
| Lunch | Beef Cubed Steak with Onion Gravy [PPP] Roasted Potatoes [V] Buttered Carrots [V, A] Powdered Sugar Brownie [G] Bread [G] Margarine Coffee/Tea Condiments | BBQ Meatloaf [PP] Mashed Potatoes [V] Brown Gravy [E] Seasoned Corn [V] Poke Cake [G] Cornbread [G] Margarine Coffee/Tea Condiments | Oven Herb Roasted Turkey [PPP] Poultry Gravy [E] Au Gratin Potatoes [V] Seasoned Broccoli [V, A, C] Whoopie Pie [G] Bread [G] Margarine Coffee/Tea Condiments | Baked Ham [PPP] Warm Spiced Roasted Sweet Potatoes [V, A] Seasoned Lima Beans [V] Frosted Yellow Cake [G] Coffee/Tea Condiments | Tasty Meatsauce [PP] Spaghetti Noodles [G] Sauteed Zucchini & Onions [V] Applesauce [F] Garlic Texas Toast [G] Coffee/Tea Condiments | Jamaican Pork Roast [PP] Parslied Potatoes [V] Garden Fresh Lettuce and Tomato Salad [V] Choice of Dressing Sugar Cookie Bar [G] Biscuit [G] Margarine Coffee/Tea Condiments | Chicken and Dumplings [G, PP] Broccoli & Cauliflower [V, A] Fruit Mix [F] Bread [G] Margarine Coffee/Tea Condiments |
| Supper | Chicken Soft Taco [PP] Refried Beans [V] Lettuce, Tomato & Cheese [V] Iced Lemon Sugar Cookie [G] Flour Tortilla [G] 2% Milk [M] Coffee/Hot Tea Condiments | Dijon Herb Pork Roast [PPP] Pork Gravy Bread Dressing [G] Green Beans [V] Chilled Pears [F] Biscuit [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Grilled Cheese Sandwich [PP] Seasoned Mixed Vegetables [V, A] Seasonal Fruit Cup [F] Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Meatballs with Gravy [PP] Mashed Potatoes [V] Green Peas [V] Rice Krispie Bar [G] Bread [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Grilled Chicken Patty Sandwich [PP] Potato Salad [V] Pineapple Tidbits [F] Hamburger Bun [GG] Mayonnaise 2% Milk [M] Coffee/Hot Tea Condiments | Tuna Noodle Casserole [G, PP] Parslied Carrots [V, A] Chocolate Cookie [G] 2% Milk [M] Coffee/Hot Tea Condiments | Sloppy Joe Sandwich [PP] Crispy French Fries [V] Ketchup Chilled Peaches [F] Hamburger Bun [GG] 2% Milk [M] Coffee/Hot Tea Condiments |
| Late Snack | Lemonade Graham Cracker [G] | Blush Punch Vanilla Wafers [G] | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] |

[F] - Fruit [V] - Vegetable [G] - Grain [P] - Protein [M] - Milk [E] - Extra [A] - Vitamin A
[C] - Vitamin C

MENU FOR REVIEW - Glendale F/W 21/22
Week at a Glance for General / Regular
Week 2

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|---|--|--|---|---|---|
| Breakfast | Choice of Vit C Juice [F, C] Choice of Warm Vanilla Sugar Oatmeal or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Scrambled Egg [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Sausage Gravy [P] Biscuit [G] 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Garden Egg Bake [P] Cinnamon Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Egg of Choice [P] Muffin [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Pancakes [GG] Syrup Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Sausage Links [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments |
| Lunch | Herb Rubbed Roast Beef [PP] Parslied Noodles [G] Capri Mix Vegetables [V, A] Applesauce Cake [G] Biscuit [G] Margarine Coffee/Tea Condiments | Turkey Pot Pie [G, PP] Seasoned Broccoli [V, A, C] Oatmeal Raisin Bar [G] Coffee/Tea Condiments | Beef Taco [PP] Spanish Rice [G] Black Beans [V] Strawberries & Whipped Topping [F] Flour Tortilla [G] Coffee/Tea Condiments | Hearty Meatsauce over [PP] Mostaccioli [G] Italian Blend Vegetables [V] Seasonal Fruit Cup [F] Coffee/Tea Condiments | Tender Caramelized Onion Pork Roast [PPP] Garlic Herb Mashed Potatoes [V] Broccoli & Cauliflower [V, A] Frosted White Cake [G] Coffee/Tea Condiments | Beef Stroganoff [PP] Steamed Rice [G] Green Peas [V] Fruit Mix [F] Coffee/Tea Condiments | Country Fried Steak [PPP] Country Gravy Mashed Potatoes [V] Seasoned Corn [V] Chilled Peaches [F] Biscuit [G] Margarine Coffee/Tea Condiments |
| Supper | Ham and Potato Casserole [V, PP] Green Beans [V] Chilled Pears [F] Cornbread [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Pizza Burger on Garlic Bun [GG, PPP] Tator Tots [V] Ketchup Pineapple Tidbits [F] 2% Milk [M] Coffee/Hot Tea Condiments | Chicken Nuggets [PP] Barbecue Sauce [E] Crispy French Fries [V] Ketchup Buttered Carrots [V, A] Peanut Butter Cookie [G] Garlic Texas Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments | Hot Ham and Cheese Sandwich [PPP] Roasted Potatoes [V] Powdered Sugar Brownie [G] Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Turkey Salad Sandwich [PP] Copper Penny Salad [V, A] Chocolate Chip Cookie [G] Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Hot Dog [P] Baked Beans [P] Coleslaw [V] Apple Slices [F] Hot Dog Bun [GG] Ketchup/Mustard [E] 2% Milk [M] Coffee/Hot Tea Condiments | Cheesy Chicken Baked Penne [G, PP] Seasoned Zucchini [V] Spice Cookie [G] Garlic Texas Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments |
| Late Snack | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] |

[F] - Fruit [V] - Vegetable [G] - Grain [P] - Protein [M] - Milk [E] - Extra [A] - Vitamin A
[C] - Vitamin C

MENU FOR REVIEW - Glendale F/W 21/22
Week at a Glance for General / Regular
Week 3

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|--|--|---|--|--|--|
| Breakfast | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Muffin [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Sausage Patty [P] Biscuit [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Coffee Cake [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Garden Egg Bake [PP] Pancakes [GG] Syrup Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Blueberry Muffin [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Cinnamon Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments |
| Lunch | Au Gratin Ham & Potatoes [V, PPP] Roasted Cauliflower [V] Eggnog Spiced Cake [G] Cornbread [G] Margarine Coffee/Tea Condiments | Chicken over [PP] Steamed Rice [G] Seasoned Broccoli [V, A, C] Pineapple Tidbits [F] Bread [G] Margarine Coffee/Tea Condiments | Italian Sausage [PP] Parslied Noodles [G] Capri Mix Vegetables [V, A] Seasonal Fruit Cup [F] Garlic Texas Toast [G] Coffee/Tea Condiments | Meatloaf [PP] Brown Gravy [E] Mashed Potatoes [V] Warm Spiced Carrots [V, A] Blonde Brownie [G] Bread [G] Margarine Coffee/Tea Condiments | Ham and Beans [PP] Green Peas [V] Chilled Peaches [F] Bread [G] Margarine Coffee/Tea Condiments | Oven Roasted Turkey [PPP] Poultry Gravy [E] Baked Sweet Potato [V, A] Spinach with Onions [V, A] Poke Cake [G] Bread [G] Margarine Coffee/Tea Condiments | Chicken Alfredo [PP] Mostaccioli [G] California Blend Vegetables [V, A] Mandarin Oranges [F] Garlic Texas Toast [G] Coffee/Tea Condiments |
| Supper | Deli Sandwich [PP] Chilled Beets [V] Sugar & Spice Banana Slices [F] Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Shepherd's Pie [V, PP] Green Beans [V] Sugar Cookie Bar [G] Bread [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Turkey Patty Melt [PPP] Crispy French Fries [V] Ketchup Chilled Pears [F] Toasted Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Chicken Broccoli Casserole [V, PP, A] Rice Pilaf [G] Applesauce [F] Biscuit [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Homemade Chili [PP] Garden Fresh Lettuce and Tomato Salad [V] Choice of Dressing Chocolate Cookie [G] Cornbread [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Breaded Fish Sandwich with Cheese [PP] Tator Tots [V] Ketchup Fruit Mix [F] Hamburger Bun [GG] 2% Milk [M] Coffee/Hot Tea Condiments | BBQ Pulled Pork Sandwich [PP] Seasoned Corn [V] Pineapple Tidbits [F] Hamburger Bun [GG] 2% Milk [M] Coffee/Hot Tea Condiments |
| Late Snack | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] |

[F] - Fruit [V] - Vegetable [G] - Grain [P] - Protein [M] - Milk [E] - Extra [A] - Vitamin A
[C] - Vitamin C

MENU FOR REVIEW - Glendale F/W 21/22
Week at a Glance for General / Regular
Week 4

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|---|---|--|--|--|---|
| Breakfast | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Garden Egg Bake [P] Biscuit [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Egg of Choice [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Pancakes [GG] Syrup Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Western Egg Bake [PP] Coffee Cake [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Banana [F] Egg of Choice [P] Cinnamon Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Egg [P] Grilled Sausage Patty [P] Toast [G] Jelly Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Choice of Vit C Juice [F, C] Choice of Hot or Cold Cereal [G] Scrambled Eggs with Cheese [PP] Muffin [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments |
| Lunch | Garlic Herb Pork Roast [PPP] New Potatoes in Jackets [V] Green Beans [V] Frosted Yellow Cake [G] Coffee/Tea Condiments | Turkey Pot Pie [V, G, PPP] Seasoned Broccoli [V, A, C] Powdered Sugar Brownie [G] Coffee/Hot Tea Condiments | Chicken Enchiladas [G, PP] Roasted Corn [V] Pineapple Tidbits [F] Coffee/Tea Condiments | Skillet Lasagna [G, PPP] Italian Blend Vegetables [V] Seasonal Fruit Cup [F] Garlic Texas Toast [G] Coffee/Hot Tea Condiments | Ham & Scalloped Potato Casserole [V, PPP] California Blend Vegetables [V, A] Oatmeal Raisin Bar [G] Coffee/Tea Condiments | Baked Macaroni & Cheese [G, PP] Tartar Sauce Green Beans [V] Fruit Mix [F] Bread [G] Margarine Coffee/Tea Condiments | Pork Paprikash [PP] Steamed Rice [G] Garden Fresh Lettuce and Tomato Salad [V] Choice of Dressing Chilled Peaches [F] Biscuit [G] Margarine Coffee/Tea Condiments |
| Supper | Tuna Melt [PP] Green Peas [V] Iced Lemon Sugar Cookie [G] Toasted Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Alpine Burger [PP] Seasoned French Fries [V] Chilled Pears [F] Hamburger Bun [GG] Ketchup/Mustard [E] 2% Milk [M] Coffee/Hot Tea Condiments | Pizza Pocket [GG, PP] Seasoned Zucchini [V] Strawberries & Whipped Topping [F] 2% Milk [M] Coffee/Hot Tea Condiments | Bratwurst Sausage [PP] Crispy French Fries [V] Mandarin Oranges [F] Hot Dog Bun [GG] Ketchup/Mustard [E] 2% Milk [M] Coffee/Hot Tea Condiments | Chicken Salad Sandwich [PP] Chilled Beets [V] Frosted White Cake [G] Sandwich Bread [GG] 2% Milk [M] Coffee/Hot Tea Condiments | Salisbury Steak with Gravy [PP] Mashed Potatoes [V] Brown Gravy [E] Seasoned Mixed Vegetables [V, A] Chocolate Cookie [G] Bread [G] Margarine 2% Milk [M] Coffee/Hot Tea Condiments | Turkey Tetrazzini [G, PP] Capri Mix Vegetables [V, A] Glazed Bananas [F] Garlic Texas Toast [G] 2% Milk [M] Coffee/Hot Tea Condiments |
| Late Snack | Lemonade Vanilla Wafers [G] | Blush Punch Graham Cracker [G] | Orange Drink Vanilla Wafers [G] | Lemonade Assorted Cookie [G] | Blush Punch Graham Cracker [G] | Orange Drink Assorted Cookie [G] | Blush Punch Graham Cracker [G] |

[F] - Fruit [V] - Vegetable [G] - Grain [P] - Protein [M] - Milk [E] - Extra [A] - Vitamin A
[C] - Vitamin C