

Elderhaus and Mindset October 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Color Key: <i>Purple: Breakfast</i> <i>Green: Lunch</i> <i>Red: Snack</i></p>	<p>100% Whole Grain Servings are at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>	<p>Rolls or bread are served with lunch daily.</p>		<p><u>Breakfast:</u> <i>WW Pancakes (WGR)</i> <i>Pineapple; Milk</i> <u>Lunch:</u> <i>3 Meat Pizza</i> <i>Side Salad</i> <i>Pineapple; Milk</i> <u>Snack:</u> <i>Honey Fruit Salad</i> <i>Cottage Cheese</i></p>
4	5	6	7	8
<p><u>Breakfast:</u> <i>Cream of Wheat</i> <i>WW Toast (WGR)</i> <i>Fruit Cocktail; Milk</i> <u>Lunch:</u> <i>Chicken Patty</i> <i>Mashed Potato/Gravy</i> <i>Fruit Cocktail; Milk</i> <u>Snack:</u> <i>Yogurt & Fruit</i></p>	<p><u>Breakfast:</u> <i>WW Pancakes (WGR)</i> <i>Peaches</i> <i>Milk</i> <u>Lunch:</u> <i>Carne Asada Soft Taco</i> <i>Seasoned Pinto Beans</i> <i>Peaches; Milk</i> <u>Snack:</u> <i>Cheese & Crackers</i></p>	<p><u>Breakfast:</u> <i>Oatmeal</i> <i>WW Toast (WGR)</i> <i>Tropical Fruit; Milk</i> <u>Lunch:</u> <i>Tortellini w/Chicken</i> <i>Side Salad; Roll</i> <i>Tropical Fruit; Milk</i> <u>Snack:</u> <i>Ricotta Parm Spread</i> <i>Toast Tips</i></p>	<p><u>Breakfast:</u> <i>WW French Toast (WGR)</i> <i>Mandarin Oranges</i> <i>Milk</i> <u>Lunch:</u> <i>Chinese Chicken Salad; Roll; Milk</i> <i>Mandarin Oranges</i> <u>Snack:</u> <i>Arugula BLT Pizza</i></p>	<p><u>Breakfast:</u> <i>Cold Cereal</i> <i>WW Toast (WGR)</i> <i>Pears; Milk</i> <u>Lunch:</u> <i>Cold Cut Sandwich</i> <i>Pea Salad</i> <i>Pears; Milk</i> <u>Snack:</u> <i>Baked Apples; Milk</i></p>
11	12	13	14	15
<p><u>Breakfast:</u> <i>WW French Toast (WGR)</i> <i>Pears; Milk</i> <u>Lunch:</u> <i>Bratwurst w/Bun</i> <i>Baked Beans</i> <i>Pears; Milk</i> <u>Snack:</u> <i>Banh Mi Bruschetta</i></p>	<p><u>Breakfast:</u> <i>Cold Cereal</i> <i>WW Toast (WGR)</i> <i>Pineapple; Milk</i> <u>Lunch:</u> <i>Chef Salad with Turkey & Ham; Roll</i> <i>Pineapple; Milk</i> <u>Snack:</u> <i>Yogurt & Fruit</i></p>	<p><u>Breakfast:</u> <i>Cream of Wheat</i> <i>WW Toast (WGR)</i> <i>Fruit Cocktail; Milk</i> <u>Lunch:</u> <i>Beef Stew</i> <i>Cornbread</i> <i>Fruit Cocktail; Milk</i> <u>Snack:</u> <i>Fruit Tostadas</i></p>	<p><u>Breakfast:</u> <i>WW Pancakes (WGR)</i> <i>Peaches; Milk</i> <u>Lunch:</u> <i>BBQ Pork Ribs</i> <i>Coleslaw; Roll</i> <i>Peaches; Milk</i> <u>Snack:</u> <i>Cheese & Crackers</i></p>	<p><u>Breakfast:</u> <i>Oatmeal</i> <i>WW Toast (WGR)</i> <i>Tropical Fruit; Milk</i> <u>Lunch:</u> <i>Chicken Salad Sand.</i> <i>Pea Salad</i> <i>Tropical Fruit; Milk</i> <u>Snack:</u> <i>Fresh Veggies & Dip</i></p>
18	19	20	21	22
<p><u>Breakfast:</u> <i>Cold Cereal</i> <i>WW Toast (WGR)</i> <i>Peaches; Milk</i> <u>Lunch:</u> <i>Beef Tacos with Toppings</i> <i>Refried Beans</i> <i>Tropical Fruit; Milk</i> <u>Snack:</u> <i>Yogurt & Crackers</i></p>	<p><u>Breakfast:</u> <i>Oatmeal</i> <i>WW Toast (WGR)</i> <i>Fruit Cocktail; Milk</i> <u>Lunch:</u> <i>Chinese Chicken Salad</i> <i>Fruit Cocktail</i> <i>Roll; Milk</i> <u>Snack:</u> <i>Choc Peanut Butter</i> <i>Granola Bar</i></p>	<p><u>Breakfast:</u> <i>WW Pancakes (WGR); Milk</i> <i>Pineapple</i> <u>Lunch:</u> <i>Carne Asada Soft Taco</i> <i>Seasoned Pinto Beans</i> <i>Pineapple; Milk</i> <u>Snack:</u> <i>Baked Apples; Milk</i></p>	<p><u>Breakfast:</u> <i>Cream of Wheat</i> <i>WW Toast (WGR)</i> <i>Pears; Milk</i> <u>Lunch:</u> <i>Chicken Patty; Roll</i> <i>Mashed Potato</i> <i>Pears; Milk</i> <u>Snack:</u> <i>Fresh Veggies & Dip</i></p>	<p><u>Breakfast:</u> <i>WW French Toast (WGR); Milk</i> <i>Mandarin Oranges</i> <u>Lunch:</u> <i>Meatball Sub Sand.</i> <i>Side Salad; Milk</i> <i>Mandarin Oranges</i> <u>Snack:</u> <i>Cheese & Crackers</i></p>
Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<p><u>Breakfast:</u> <i>WW Pancakes (WGR)</i> <i>Pears; Milk</i> <u>Lunch:</u> <i>Spaghetti w/Meatsauce</i> <i>Side Salad; Roll</i> <i>Pears; Milk</i> <u>Snack:</u> <i>Pizza Quesadilla</i></p>	<p><u>Breakfast:</u> <i>Cream of Wheat</i> <i>WW Toast (WGR)</i> <i>Tropical Fruit; Milk</i> <u>Lunch:</u> <i>Baked Ribs</i> <i>Mac & Cheese</i> <i>Baked Beans</i> <i>Tropical Fruit; Milk</i> <u>Snack:</u> <i>Yogurt & Fruit</i></p>	<p><u>Breakfast:</u> <i>WW French Toast (WGR); Milk</i> <i>Mandarin Oranges</i> <u>Lunch:</u> <i>Chicken Stir Fry w/Rice</i> <i>Mandarin Oranges; Milk</i> <u>Snack:</u> <i>Fresh Veggies & Dip</i></p>	<p><u>Breakfast:</u> <i>Cold Cereal</i> <i>WW Toast (WGR)</i> <i>Fruit Cocktail; Milk</i> <u>Lunch:</u> <i>Cold Cut Sandwich</i> <i>Coleslaw; Milk</i> <i>Fruit Cocktail</i> <u>Snack:</u> <i>Fresh Fruit</i> <i>Cottage Cheese</i></p>	<p><u>Breakfast:</u> <i>Oatmeal</i> <i>WW Toast (WGR)</i> <i>Pineapple; Milk</i> <u>Lunch:</u> <i>Chili Con Carne</i> <i>Cornbread</i> <i>Pineapple; Milk</i> <u>Snack:</u> <i>Yogurt & Fruit</i></p>

This institution is an equal opportunity provider.