

Elderhaus and Mindset August 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Rolls or bread are served with lunch daily.</p> <p>Whole Grain (WGR) Requirement is served at Breakfast Daily.</p> <p>1% unflavored Milk served daily at breakfast and lunch</p>			<p>Breakfast: WW French Toast(WGR) Tropical Fruit Milk</p> <p>Lunch: Caribbean Chicken Soft Tacos w/ Slaw and Mango Salsa Black Beans, Tropical Fruit, Milk</p> <p>Snack Creation: Very Berry Parfait</p>	<p>Breakfast: Baked Blueberry Oatmeal WW Toast (WGR) Fresh Fruit, Milk</p> <p>Lunch: Cheese Burger on Bun French Fries Fruit Cocktail Milk</p> <p>Snack: String Cheese and Triscuits</p>
5	6	7	8	9
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Cobb Salad w/ Ham, Turkey, Egg, Cheese Garlic Toast Pears Milk</p> <p>Snack Creation: Corny Salsa and Tortilla Chips</p>	<p>Breakfast: Cranberry, Apple, Almond Oatmeal WW Toast (WGR) Fresh Fruit, Milk</p> <p>Lunch: German Pork Loin Potato Salad Pickled Red Cabbage Roll Applesauce Milk</p> <p>Snack: Mini Ham and Swiss Sandwiches</p>	<p>Breakfast: WW French Toast(WGR) Fresh Fruit Milk</p> <p>Lunch: Lemony Greek Chicken w/ Potatoes Garlic Dinner Roll Apricots, Milk</p> <p>Snack: Yogurt and Juice</p>	<p>Breakfast: Crust less Quiche Lorraine WW Toast (WGR) Peaches, Milk</p> <p>Lunch: Open-Faced Meatloaf Sandwich Mashed Potatoes w/ Gravy, Peas Fresh Fruit, Milk</p> <p>Snack Creation: Chicken Quesadilla</p>	<p>Breakfast: WW Strawberry Pancakes ½ Banana, Milk</p> <p>Lunch: Baked Ham Au Gratin Potatoes Roll Fruit Cocktail Milk</p> <p>Snack: Fresh Veggies and Hummus dip</p>
12	13	14	15	16
<p>Breakfast: Baked Oatmeal WW Toast (WGR) Peaches, Milk</p> <p>Lunch: Grilled Chicken Club Sandwich Caesar Salad Fresh Fruit Milk</p> <p>Snack Creation: Carrot Raisin Salad and Crackers</p>	<p>Breakfast: WW Blueberry French Toast Casserole(WGR) Fruit Cocktail Milk</p> <p>Lunch: Taco Salad w/ Ground Beef, Black Beans, Tortilla Chips Watermelon Milk</p> <p>Snack: Cucumber, Tomato, Onion Salad w/ Crackers</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit, Milk</p> <p>Lunch: Chicken Fried Rice Stir Fry Veggies Egg Roll Mandarin Oranges Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: WW English Muffin Sandwich w/ Egg, Cheese, and Ham ½ Banana, Milk</p> <p>Lunch: Big Mac Salad w/ Ground Beef Garlic Bread Tropical Fruit Milk</p> <p>Snack Creation: Chicken Quesadilla</p>	<p>Breakfast: WW Apple Cinnamon Pancakes (WGR) Applesauce, Milk</p> <p>Lunch: Turkey and Cheese Sandwich Creamy Potato Soup Fruit Cocktail Milk</p> <p>Snack: Meat and Cheese Kabob</p>
19	20	21	22	23
<p>Breakfast: WW Cinnamon Apple French Toast Casserole(WGR) Peaches Milk</p> <p>Lunch: Cajun Pasta w/ Chicken and Sausage Seasoned Green Beans Fruit Salad, Milk</p> <p>Snack Creation: Fresh Veggie Wraps on Tortilla</p>	<p>Breakfast: Crust less Quiche w/ Spinach and Feta WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Hot Beef and Cheddar Sandwich Potato Salad Fresh Fruit Milk</p> <p>Snack: Fresh Veggies and Hummus Dip</p>	<p>Breakfast: WW Pancakes (WGR) Applesauce Milk</p> <p>Lunch: Sloppy Joes w/ Ground Beef on Bun Tator Tots Fruit Cocktail Milk</p> <p>Snack: Juice and String Cheese</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Chicken Strawberry Spinach Salad w/ Feta Roll Apricots, Milk</p> <p>Snack Creation: Muffin and Milk</p>	<p>Breakfast: PB&J Cream of Wheat WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: BBQ Pork Sandwich Baked Beans Watermelon Milk</p> <p>Snack: Fruited Chicken Salad w/ Crackers</p>
26	27	28	29	30
<p>Breakfast: WW English Muffin Sandwich w/ Egg, Cheese, and Bacon ½ Banana, Milk</p> <p>Lunch: Supreme Pizza w/ Ground Beef, Sausage, Pepperoni Garden Side Salad Fresh Fruit Milk</p> <p>Snack Creation: Very Berry Parfait</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Sweet and Sour Pork Loin, Fried Rice w/ Mixed Veggies Egg Roll Mandarin Oranges Milk</p> <p>Snack: PB and Banana Roll Up</p>	<p>Breakfast: Baked Oatmeal w/ Blueberries WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Chicken Gumbo over Seasoned Rice Roasted Zucchini Peaches Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: WW Pancakes w/ Berry Compote (WGR) Cinnamon Apple Slices, Milk</p> <p>Lunch: Big Mac Salad w/ Ground Beef Garlic Bread Tropical Fruit Milk</p> <p>Snack Creation: Chicken Quesadilla</p>	<p>Breakfast: Cheesy Scrambled Eggs WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Chicken Alfredo over Tortellini Roasted Italian Veggies Pears, Milk</p> <p>Snack: String Cheese and Crackers</p>