

Elderhaus and Mindset February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Applesauce, Milk</p> <p>Lunch: Pastrami and Swiss on Rye w/ Kraut Side Cole Slaw Fresh Fruit Milk</p> <p>Snack Creation: Cucumber Slices w/ Dip and Grapes</p>	<p>Breakfast: Bacon, Egg, Cheese on a WW English Muffin(WGR) Apricots, Milk</p> <p>Lunch: Savory Roast Chicken Cheesy Hash Brown Casserole Garlic Roll Peaches, Milk</p> <p>Snack: Juice and Cheese Stick</p>	<p>Breakfast: Cinnamon Pancakes (WGR) Pears, Milk</p> <p>Lunch: Chili Cheese Dog on Bun Tator Tots Pears Milk</p> <p>Snack: Yogurt and Fruit</p>	<p>Breakfast: Strawberries and Cream Oatmeal WW Toast (WGR) Pears, Milk</p> <p>Lunch: Smothered Burrito w/ Ground Beef Refried Beans Pineapple, Milk</p> <p>Snack Creation: Fresh Veggies and Hummus Dip</p>	<p>Breakfast: WW French Toast(WGR) Pineapple Milk</p> <p>Lunch: Harvest Turkey Wrap Potato Salad Peaches Milk</p> <p>Snack Creation: Bean and Cheese Tostada</p>
10	11	12	13	14
<p>Breakfast: Peach Baked Oatmeal WW Toast (WGR) Apricots Milk</p> <p>Lunch: Meatball Sub Sandwich Roasted Italian Veggies Fruit Cocktail Milk</p> <p>Snack Creation: Carrot Raisin Salad and Crackers</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Applesauce, Milk</p> <p>Lunch: Burrito Bowl w/ Ground Beef, Beans, Rice Tropical Fruit Milk</p> <p>Snack: Cottage Cheese and Fruit</p>	<p>Breakfast: WW French Toast(WGR) w/ Cranberry Apple Fruit Compote Pineapple, Milk</p> <p>Lunch: Chicken Caesar Salad Bread Stick Fresh Fruit Milk</p> <p>Snack: Crackers and Cheese Cubes</p>	<p>Breakfast: Scrambled Eggs WW Toast (WGR) ½ Banana Milk</p> <p>Lunch: Loaded Baked Potato w/ Pulled Pork Corn Bread Apple Sauce Milk</p> <p>Snack Creation: Caprese Bruschetta on Sandwich Thin</p>	<p>Breakfast: Biscuits w/ Sausage Gravy Fresh Fruit, Milk</p> <p>Lunch: Chicken Lo Mein Egg Roll Stir Fry Veggies Mandarin Oranges Milk</p> <p>Snack Creation: Peanut Butter and Banana on WW Tortilla (WGR)</p>
17	18	19	20	21
<p>Breakfast: WW French Toast (WGR) Fruit Salad Milk</p> <p>Lunch: Chicken Noodle Soup w/ Mixed Veggies Onion Roll Fresh Fruit Milk</p> <p>Snack Creation: Bean and Cheese Tostada</p>	<p>Breakfast: Denver Omelet Quiche WW Toast (WGR) Fresh Fruit, Milk</p> <p>Lunch: Fish Sticks or Chicken Tenders Onion Rings Pears Milk</p> <p>Snack: Cucumber Slices w/ Dip and Grapes</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Red Beans and Rice w/ Andouille Sausage Collard Greens Corn Bread Peaches Milk</p> <p>Snack: Meat, Cheese, Cracker Cup</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Enchilada Casserole w/ Ground Beef Seasoned Black Beans Tropical Fruit Milk</p> <p>Snack Creation: Mini Egg Salad Sandwich</p>	<p>Breakfast: Blueberry Pancakes (WGR) Applesauce Milk</p> <p>Lunch: Toasted Ham and Cheese Sandwich Tomato Soup Baked Apples Milk</p> <p>Snack Creation: Fresh Veggie Wrap</p>
24	25	26	27	28
<p>Breakfast: Breakfast Burrito w/ Egg, Sausage, Potato, Cheese on WW Tortilla(WGR) ½ Banana Milk</p> <p>Lunch: Supreme Pizza Side Salad/ Cucumbers Pears Milk</p> <p>Snack Creation: Yogurt and Fruit Parfait</p>	<p>Breakfast: Baked Cinnamon Apple Oatmeal WW Toast (WGR) Fruit Cocktail Milk</p> <p>Lunch: Salisbury Steak Mashed Potatoes Peas and Carrots Dinner Roll Peaches Milk</p> <p>Snack: Fresh Veggies and Hummus Dip</p>	<p>Breakfast: Pancakes (WGR) Cinnamon Apple Slices Milk</p> <p>Lunch: Ham and Bean Soup Corn Bread Baked Apples Milk</p> <p>Snack: Cottage Cheese and Fruit</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fresh Fruit Milk</p> <p>Lunch: Lasagna w/ Ground Beef and Italian Sausage Side Salad w/ Cucumbers Applesauce Milk</p> <p>Snack Creation: Curried Chicken Wrap</p>	<p>Breakfast: Blueberry French WW Toast (WGR) ½ Banana Milk</p> <p>Lunch: Chicken Pot Pie w/ Biscuit Topper Fresh Fruit Milk</p> <p>Snack Creation: Caprese Bruschetta on Sandwich Thin</p>
				<p>Rolls or bread are served with lunch daily. Whole Grain (WGR) Requirement is served at Breakfast Daily. 1% unflavored Milk served daily at breakfast and lunch</p>