

Elderhaus and Mindset October 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Breakfast: WW Pancakes (WGR) Pears; Milk</p> <p>Lunch: Roast Chicken Mixed Vegetables Diced Peaches Roll, Milk</p> <p>Snack: Yogurt & Crackers</p>	<p>Breakfast: Cold Cereal WW Toast (WGR) Pineapple; Milk</p> <p>Lunch: Cheeseburger on bun French Fries Fruit Cocktail; Milk</p> <p>Snack: ½ Chicken Salad Wrap Apple Juice</p>	<p>Breakfast: WW French Toast (WGR) ½ Banana; Milk</p> <p>Lunch: BBQ Pork Sandwich On a bun Baked Beans Baked Apple Slices Milk</p> <p>Snack: Fresh Vegetables/Dip</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Apricots; Milk</p> <p>Lunch: Lemon Pepper Chicken; Roll Side Salad Greens Applesauce; Milk</p> <p>Snack: Peanut Butter Crackers</p>	<p>Breakfast: Oatmeal WW Toast (WGR) Pears; Milk</p> <p>Lunch: Pulled Pork Burrito Refried Beans Tropical Fruit Milk</p> <p>Snack: Baked Apple Slices Milk</p>
10	11	12	13	14
<p>Breakfast: Cream of Wheat WW Toast (WGR) Pineapple; Milk</p> <p>Lunch: Tater Tot Casserole (gr. Beef & Tots) Peas; Fruit Cocktail Roll, Milk</p> <p>Snack: Crackers & Apple Juice</p>	<p>Breakfast: WW Pancakes (WGR) Peaches; Milk</p> <p>Lunch: Pork Stir-Fry over Rice Mandarin Oranges Milk</p> <p>Snack: Grape & Spinach Salad</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Applesauce; Milk</p> <p>Lunch: Beenie Weenies (baked beans/franks) Corn Bread Pears; Milk</p> <p>Snack: Fruit & Yogurt Parfait</p>	<p>Breakfast: WW French Toast (WGR) Tropical Fruit; Milk</p> <p>Lunch: Chicken Tortilla Soup Corn & Black Beans Tortilla ½ Banana; Milk</p> <p>Snack: Fresh Vegetables/Dip</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Cold Cut Sandwich Potato Soup Apricots; Milk</p> <p>Snack: Zucchini Bread Milk</p>
17	18	19	20	21
<p>Breakfast: Oatmeal WW Toast (WGR) C Cinnamon Apple Slices Milk</p> <p>Lunch: Chicken Stir-Fry/rice Mandarin Oranges Milk</p> <p>Snack: Apple Slices Peanut Butter</p>	<p>Breakfast: Scrambled Eggs WW Toast (WGR) Tropical Fruit; Milk</p> <p>Lunch: Lasagna Soup Side Salad Peaches; Roll; Milk</p> <p>Snack: Yogurt & Crackers</p>	<p>Breakfast: WW Pancakes (WGR) Mandarin Oranges Milk</p> <p>Lunch: Country Beef Gravy over Rice Peas; Apricots; Milk</p> <p>Snack: Roasted Chickpeas Cucumber Slices</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Pears; Milk</p> <p>Lunch: Cold Cut Sandwich 3-Bean Salad Pineapple; Milk</p> <p>Snack: Apple Juice Crackers</p>	<p>Breakfast: WW French Toast (WGR) Applesauce; Milk</p> <p>Lunch: Chicken Caccatori Side Green Salad Fruit Cocktail; Milk</p> <p>Snack: Spinach Salad Toast Tips</p>

Elderhaus and Mindset October 2022 Menu

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
<p>Breakfast: WW French Toast (WGR) Pineapple; Milk</p> <p>Lunch: Spaghetti w/meat sauce; Side Salad ½ Banana; Roll; Milk</p> <p>Snack: Grapes & Baby Carrots</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) Pears; Milk</p> <p>Lunch: Grilled Ham & Cheese Sandwich Tomato Soup Apricots; Milk</p> <p>Snack: Hummus & Pita Chips</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Peaches; Milk</p> <p>Lunch: BBQ Pork Sandwich Baked Beans Tropical Fruit; Milk</p> <p>Snack: Baked Apples Milk</p>	<p>Breakfast: WW Pancakes (WGR) Grapes; Milk</p> <p>Lunch: Chicken Pasta with Lemon Pepper Steamed Broccoli Fruit Cocktail; Milk</p> <p>Snack: Grape & Spinach Salad</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Pears; Milk</p> <p>Lunch: Tater Tot Casserole (hamburger; tots) Mixed Vegetables Applesauce; Roll; Milk</p> <p>Snack: Yogurt & Crackers</p>
31				
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Pears; Milk</p> <p>Lunch: Chicken Noodle Soup Peaches; Roll; Milk</p> <p>Snack: Fresh Vegetables/dip</p>		<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>Color Key:</p> <p>Purple: Breakfast 8:30am-9:15am</p> <p>Green: Lunch 12:00pm</p> <p>Red: Snack 2:45pm</p>