

Elderhaus and Mindset January 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breakfast: WW Pancakes (WGR) Peaches; Milk Lunch: Meatloaf w/gravy Mashed Potatoes Applesauce; Roll; Milk Snack: Sliced Cucumbers Tomatoes Dip	Breakfast: Cold Cereal (variety) WW Toast (WGR) Pineapple; Milk Lunch: Chicken Alfredo Noodles; Broccoli Roll; Milk Fruit Cocktail Snack: Juice & Crackers	Breakfast: Oatmeal WW Toast (WGR) ½ Banana; Milk Lunch: Ham/Cheese Sand. Tomato Soup Grapes; Milk Snack: Yogurt & Fruit	Breakfast: WW French Toast (WGR) Pineapple; Milk Lunch: Chinese Chicken Salad w/cabbage Roll; Milk Mandarin Oranges Snack: Spinach Salad Strawberries	Breakfast: Scrambled Eggs WW Toast (WGR) Pears; Milk Lunch: Chili Macaroni Corn; Roll; Milk ½ Banana Snack: Graham Crackers Peanut Butter
9	10	11	12	13
Breakfast: Hard-boiled egg WW Toast (WGR) Pears; Milk Lunch: Chicken Salad Sand. 3-Bean Salad Grapes; Milk Snack: Juice & Crackers	Breakfast: WW Pancakes (WGR) Tropical Fruit; Milk Lunch: Pork Roast w/gravy Mashed Potatoes Peas; Roll; Milk Baked Apples Snack: Sliced Cucumbers Tomatoes Dip	Breakfast: Cold Cereal (variety) WW Toast (WGR) Cinnamon Apples Milk Lunch: Philly Beef Sub Sand. French Fries ½ Banana; Milk Snack: Pasta Salad w/ Fresh Vegetables	Breakfast: Baked Oatmeal WW Toast (WGR) Peaches; Milk Lunch: Lasagna Soup Green Side Salad w/ Cucumbers/Tomatoes Fruit Cocktail Roll; Milk Snack: Yogurt & Fruit	Breakfast: WW French Toast (WGR); Milk Mandarin Oranges Lunch: Chili Con Carne w/ Ground beef Corn Bread Applesauce; Milk Snack: Apple Slices Peanut Butter
16	17	18	19	20
Breakfast: WW French Toast (WGR) Pineapple; Milk Lunch: Smothered Burrito w/ Ground beef; Corn Tropical Fruit; Milk Snack: Applesauce Crackers	Breakfast: Cream of Wheat WW Toast (WGR) Pears; Milk Lunch: Chicken Lo Mein Stir-fry Vegetables ½ Banana; Milk Snack: Muffin Milk	Breakfast: WW Pancakes (WGR) Peaches; Milk Lunch: Turkey Sandwich Potato Soup Mandarin Oranges Milk Snack: Cheese Quesadilla Juice	Breakfast: Cold Cereal (variety) WW Toast (WGR) ½ Banana; Milk Lunch: Chicken Alfredo Noodles; Broccoli Grapes; Roll; Milk Snack: Spinach Salad Strawberries	Breakfast: Oatmeal WW Toast (WGR) Mandarin Oranges Milk Lunch: Shepherd's Pie Mixed Vegetables Applesauce Roll; Milk Snack: ½ Peanut Butter/Jelly Sandwich; Milk
23	24	25	26	27
Breakfast: Baked Oatmeal WW Toast (WGR) Applesauce; Milk Lunch: Chicken Noodle Soup Corn; Roll ½ Banana; Milk Snack: Coleslaw Juice	Breakfast: WW French Toast (WGR) Peaches; Milk Lunch: Chinese Chicken Salad Mandarin Oranges Roll; Milk Snack: Apple Slices Peanut Butter	Breakfast: Hard Boiled Egg WW Toast (WGR) Tropical Fruit; Milk Lunch: Pork Roast w/gravy Mashed Potatoes Peas; Baked Apples Roll; Milk Snack: Yogurt & Fruit	Breakfast: WW Pancakes (WGR) Peaches; Milk Lunch: Meatloaf Baked Potato; Roll Applesauce; Milk Snack: Pasta Salad Fresh Vegetables	Breakfast: Cold Cereal (variety) WW Toast (WGR) Pineapple; Milk Lunch: Hamburger Patty Mashed Potato w/gravy; Roll Grapes; Milk Snack: Sliced Cucumbers Tomatoes & Dip
30	31			
Breakfast: WW French Toast (WGR) Pears; Milk Lunch: Meatball Sub Sand Broccoli; Grapes; Milk Snack: Graham Crackers Milk	Breakfast: Cold Cereal (variety) WW Toast (WGR) ½ Banana; Milk Lunch: Taco Salad w/gr. Beef Lettuce; Tomato Tortilla Chips Pineapple; Milk Snack: Cottage Cheese Peaches		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	Breakfast: 8:30-9:15 Lunch: 12:00pm Snack: 2:45pm

January 2023 Picnic Menu (Lunch)

Monday	Monday	Monday	Monday	Monday
2	9	16	23	30
Ham & Cheese Sandwich Pea Salad ½ Banana Milk	Chicken Salad Sand. 3-Bean Salad Grapes Milk	Ham & Cheese Wrap Baked Beans Tropical Fruit Milk	Chef Salad with Ham/Turkey; Roll Applesauce Milk	Turkey & Cheese Sand. Broccoli Salad ½ Banana Milk

This institution is an equal opportunity provider.