

Elderhaus and Mindset February 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 Pancakes (WGR) Tropical Fruit, Milk</p> <p>Lunch: Pork Fried Rice Egg Roll Stir Fry Veggies Mandarin Oranges Milk</p> <p>Snack Creation: Yogurt and Fruit Parfait</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Roasted Chicken Roasted Veggies Roll, Apple Sauce Milk</p> <p>Snack: Juice and Crackers</p>
5	6	7	8	9
<p>Breakfast: WW French Toast (WGR) ½ Banana, Milk</p> <p>Lunch: Chicken Alfredo Side Salad With Tomatoes Roll, Cinnamon Apples Slices, Milk</p> <p>Snack Creation: Ants on a Log</p>	<p>Breakfast: Scrambled Eggs WW Toast (WGR) Fresh Fruit, Milk</p> <p>Lunch: Hamburger on Bun Baked Beans Tropical Fruit Milk</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: WW Pancakes (WGR) Fresh Fruit Milk</p> <p>Lunch: German Pork Roast Pickled Red Cabbage Dilled Mashed Potatoes, Roll Applesauce, Milk</p> <p>Snack Creation: Corny Salsa and Tortilla Chips</p>	<p>Breakfast: WW Pancakes (WGR) Fresh Fruit Milk</p> <p>Lunch: Smothered Burrito w/ Ground Beef, Refried Beans Fruit Cocktail, Milk</p> <p>Snack: Cottage Cheese and Pineapple</p>	<p>Breakfast: Cream of Wheat WW Toast (WGR) Peaches, Milk</p> <p>Lunch: Chicken Marsala Caesar Side Salad W/ Cucumber, Roll Fresh Fruit, Milk</p> <p>Snack: Peanut Butter and Banana Roll Up</p>
12	13	14	15	16
<p>Breakfast: WW French Toast (WGR) Peaches Milk</p> <p>Lunch: Roast Beef and Cheese Sandwich Baked Potato Fresh Fruit Milk</p> <p>Snack Creation: Yogurt and Fruit Parfait</p>	<p>Breakfast: Baked Oatmeal WW Toast (WGR) ½ Banana, Milk</p> <p>Lunch: Honey Mustard Chicken Tator Tots Pineapple Milk</p> <p>Snack: Juice and Crackers</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Tropical Fruit, Milk</p> <p>Lunch: Cold Cut Sandwich (Ham and Turkey) Cole Slaw Pears, Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: WW Pancakes (WGR) Fresh Fruit Milk</p> <p>Lunch: Roast Turkey, Gravy Mashed Potatoes, Roll, Peas Peaches, Milk</p> <p>Snack Creation: Bean and Cheese Tostada</p>	<p>Breakfast: Hard Boiled Egg WW Toast (WGR) Fruit Cocktail; Milk</p> <p>Lunch: Salisbury Steak w/ Gravy Roasted Herb Potatoes Roll, Fresh Fruit, Milk</p> <p>Snack: Cottage Cheese w/ Pineapple</p>
19	20	21	22	23
<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) Fruit Cocktail Milk</p> <p>Lunch: Shepard's Pie(Ground Beef and Mashed Potatoes) Peas, Roll Peaches, Milk</p> <p>Snack Creation: Ants on a Log (Celery and Peanut Butter w\ Raisins)</p>	<p>Breakfast: WW Pancakes (WGR) Cinnamon Apple Slices Milk</p> <p>Lunch: Kielbasa Sausage w/ Potatoes, Onions, Bell Peppers, Carrots Roll, Fresh Fruit, Milk</p> <p>Snack: Cucumber Slices and Grapes</p>	<p>Breakfast: Scrambled Eggs WW Toast (WGR) Tropical Fruit Milk</p> <p>Lunch: Pork Green Chili w/ Tortilla Corn, Fresh Fruit; Milk</p> <p>Snack: Peanut Butter and Banana Roll Up</p>	<p>Breakfast: WW French Toast (WGR) Applesauce Milk</p> <p>Lunch: Roast Turkey Sweet Potato Casserole, Roll Fresh Fruit, Milk</p> <p>Snack Creation: Corny Salsa and Tortilla Chips</p>	<p>Breakfast: Oatmeal WW Toast (WGR) Pears Milk</p> <p>Lunch: Chili Con Carne Corn Bread Peaches, Milk</p> <p>Snack: Juice and Crackers</p>
26	27	28	29	
<p>Breakfast: Baked Oatmeal WW Toast (WGR) Peaches, Milk</p> <p>Lunch: Meatloaf Mashed Potatoes Gravy Roll Cinnamon Apple Slices Milk</p> <p>Snack Creation: Bean and Cheese Tostada</p>	<p>Breakfast: WW French Toast (WGR) Pears, Milk</p> <p>Lunch: BBQ Chicken Sandwich on Bun French Fries Fresh Fruit Milk</p> <p>Snack: Muffin and Milk</p>	<p>Breakfast: Cold Cereal (variety) WW Toast (WGR) ½ Banana, Milk</p> <p>Lunch: Lasagna Soup w/ Ground Beef and Italian Sausage, Roll Side Salad w/ Cucumber, Apricots, Milk</p> <p>Snack: BBQ Chicken Rollup</p>	<p>Breakfast: WW Pancakes (WGR) Mandarin Oranges Milk</p> <p>Lunch: Southwestern Style Pork Tacos on Corn Tortilla Refried Beans Pineapple, Milk</p> <p>Snack Creation: Fruit And Yogurt Parfait</p>	