

regular/nsa						Week 3
Monday 5/20/19	Tuesday 5/21/19	Wednesday 5/22/19	Thursday 5/23/19	Friday 5/24/19	Saturday 5/25/19	Sunday 5/26/19
Breakfast						
SR Oatmeal Grits Scrambled Eggs Hard Fried Eggs Pork Bacon Pork Sausage Patty Diced Peaches Mini Cinnamon Swirl Danish	SR Oatmeal Grits Scrambled Eggs Hard Boiled Egg Pork Bacon Comed Beef Hash Orange Wedges Mini Banana Muffin	SR Oatmeal Breakfast Potatoes Scrambled Eggs Pancakes Pork Bacon Pork Sausage Patty Grapefruit Half Mini Danish	SR Oatmeal Cream of Wheat Scrambled Eggs Hard Fried Eggs Pork Bacon Biscuit and Sausage Gravy Diced Pears Blueberry Muffin	SR Oatmeal Scrambled Eggs Cinnamon French Toast Pork Bacon Pork Sausage Patty Pineapple Chunks Raisin Bran Muffin	SR Oatmeal Grits Scrambled Eggs Hard Fried Eggs Pork Bacon Pork Sausage Patty Banana Banana Bread	SR Oatmeal Scrambled Eggs Hard Boiled Egg Pork Bacon Creamed Chip Beef on Toast Banana Mini Cake Doughnut
Lunch						
SR Navy Bean Soup Meatball Sub CC BBQ Chicken Turnip Greens SR Steamed Carrots Tater Tots Wild Rice Pilaf Vanilla Loaf with Orange Glaze SF Orange Creme Cake	SR Minestrone Soup Assorted Pizza Baked Fish with Crumb Roasted Yellow Squash Creamed Corn with Red Pepper Parmesan Roasted Potatoes Carrot Cake with Cream Cheese Icing SF Carrot Cake	Beef Noodle Soup Roast Turkey with Gravy SR Egg Salad Capri Vegetable Blend Wheat Couscous Tomato & Salad Bread Dressing 9 Grain Wheat Bread Slice Pound Cake SF Pound Cake	Turkey Rice Soup Cheeseburger on Bun Hot Dog on Bun Chopped Country Coleslaw Harvard Beets Potato Salad Baked Beans Chips Watermelon	Vegetable Beef Soup Chicken Tenders Grilled Pork Chop Broccoli Fresh Green Beans Potato Wedges Spanish Rice Devil's Food Cake NSA Chocolate Banana Bread	Chicken Noodle Soup Salisbury Steak with Onion Gravy Seafood Salad on Croissant Green Peas Carrot Raisin Salad Mashed Potatoes Whole Kernel Corn Chocolate Chip Cookies SF Chocolate Chip Cookies	SR Potato Soup Fried Chicken Roast Beef with Au Jus Country Style Green Beans SR Collard Greens Mashed Potatoes Lentil Couscous Dinner Roll Ice Cream Ice Cream, NSA
Dinner						
SR Navy Bean Soup Tilapia w/ Herbs SR Turkey Tetrazzini Brussels Sprouts Baby Lima Beans SR Garlic Orzo Dinner Roll Banana Cream Pie SF Banana Pudding	SR Minestrone Soup Turkey Meatloaf with Gravy Pulled Pork Seasoned Spinach Coleslaw, No Added Salt Baked Potatoes Baked Beans Wheat Hamburger Bun Blueberry Crisp SF Blueberry Crisp	Beef Noodle Soup Fire Roasted Pork Ribs Waffle Station Stewed Tomatoes Basic Sautéed Kale Black Eyed Peas Stewed Apples Biscuits Peach Cobbler SF Peach Crisp	Turkey Rice Soup Quiche Florentine Garlic Herb Pork Loin SR Collard Greens Roasted Zucchini Breakfast Potatoes & Veggies Mediterranean Pasta Salad Dinner Roll Sweet Potato Pie SF Apple Pie	Vegetable Beef Soup Shepherds Pie BBQ Chicken Steamed Cabbage SR Steamed Carrots Macaroni and Cheese Dinner Roll SF Bread Pudding	Chicken Noodle Soup Country Pork Chops Fried Shrimp Swiss Chard Chopped Country Coleslaw Couscous Hush Puppies German Chocolate Cake SF Applesauce Cake	SR Potato Soup Chicken Broccoli Dish SR Spaghetti with Meat Sauce Asparagus Yellow Rice Garlic Bread Assorted Dessert SF Dessert

Bold indicates a main item.

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SR= Sodium Reduced