

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MENU		BREAKFAST 1 Hot or Cold Cereal, Waffles, Sunny Side Up Eggs, Veggies LUNCH Veggie Eggroll, Potato Salad, Soup DINNER Meatballs, Rice, Veggies, Soup	BREAKFAST 2 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Potato Calzone, Scoop of Tuna, Veggies, Soup DINNER BBQ Chicken, Mashed Potatoes Veggies, Soup	BREAKFAST 3 Hot or Cold Cereal, French Toast, Scrambled Eggs, Veggies LUNCH Cheese Enchiladas, Rice, Beans, Soup DINNER Beef Burrito, Veggies, Soup	BREAKFAST 4 Hot or Cold Cereal, Sunny Side Up Eggs, Toast, Veggies LUNCH Hamburger, Fries, Veggies DINNER Veggie Noodle Soup, Brisket, Baked Potato Veggies, Dinner Roll	BREAKFAST 5 Hot or Cold Cereal, Muffins, Scrambled Eggs, Veggies LUNCH Turkey & Salami Sandwich, Potato Chips, Veggies DINNER Meatloaf, Rice, Veggies
	BREAKFAST 6 Hot or Cold Cereal, Bagel, Cream Cheese, Scrambled Eggs, Lox, Veggies LUNCH Pasta Alfredo, Veggies, Soup DINNER Orange Chicken, Lo Mein, Rice, Veggies	BREAKFAST 7 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Grilled Cheese, Bean Salad, Soup DINNER Grilled Chicken Breast, Pearl Couscous, Soup	BREAKFAST 8 Hot or Cold Cereal, Waffles, Sunny Side Up Eggs, Veggies LUNCH Veggie Burger, Potato Salad, Soup DINNER Pasta Bolognese, Veggies, Soup	BREAKFAST 9 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Baked Fish, Potatoes, Veggies, Soup DINNER Beef Burrito, Veggies, Soup	BREAKFAST 10 Hot or Cold Cereal, French Toast, Scrambled Eggs, Veggies LUNCH Tuna Melt, Veggies, Soup DINNER Chicken Schnitzel, Pearl Couscous, Veggies, Soup	BREAKFAST 11 Hot or Cold Cereal, Sunny Side Up Eggs, Toast, Veggies LUNCH Hot Dogs, Chili, Fries DINNER Matzah Ball Soup, Beet Salad, Potatoes, Veggies
	BREAKFAST 13 Hot or Cold Cereal, Bagel, Cream Cheese, Scrambled Eggs, Lox, Veggies LUNCH Egg Salad, Tuna Salad, Tortilla Chips, Veggies DINNER Eggplant & Meat Lasagna, Salad	BREAKFAST 14 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Cheese Burrito, Beans, Veggies, Soup DINNER Meatballs, Mashed Potatoes, Veggies, Soup	BREAKFAST 15 Hot or Cold Cereal, Waffles, Sunny Side Up Eggs, Veggies LUNCH Pigs in a Blanket, Sweet Potato Fries, Veggies, Soup DINNER Stuffed Peppers, Veggies, Soup	BREAKFAST 16 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Veggie Eggroll, Potato Salad, Soup DINNER Orange Chicken, Noodles, Veggies, Soup	BREAKFAST 17 Hot or Cold Cereal, French Toast, Scrambled Eggs, Veggies LUNCH Grilled Cheese, Bean Salad, Soup DINNER Pasta Bolognese, Veggies, Soup	BREAKFAST 18 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Hamburger, Fries, Salad DINNER Chicken Noodle Soup, Meatloaf, Rice, Eggplant Salad, Dinner Roll
	BREAKFAST 20 Hot or Cold Cereal, Sunny Side Up Eggs, English Muffin, Jelly, Butter LUNCH Baked Fish, Pearl Couscous, Veggies, Soup DINNER Baked Chicken Breast, Potatoes, Veggie Soup, Veggies,	BREAKFAST 21 Hot or Cold Cereal, Scrambled Eggs, Bread, Cream Cheese, Veggies LUNCH Pasta Alfredo, Veggies DINNER BBQ Chicken, Rice, Veggies	BREAKFAST 22 Hot or Cold Cereal, Waffles, Sunny Side Up Eggs, Veggies LUNCH Potato Calzone, Scoop of Tuna, Veggies, Soup DINNER Beef Burrito, Veggies, Soup	BREAKFAST 23 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Hamburger, Fries, Veggies DINNER Baked Chicken, Veggies, Soup, Couscous	BREAKFAST 24 Hot or Cold Cereal, French Toast, Scrambled Eggs, Veggies LUNCH Cheese Quesadilla, Scoop of Tuna, Veggies, Soup DINNER Eggplant & Meat Lasagna, Veggies, Soup	BREAKFAST 25 Hot or Cold Cereal, Sunny Side Up Eggs, Toast, Cream Cheese, Veggies LUNCH Hot Dogs, Chili, Fries DINNER Matzah Ball Soup, Chicken Schnitzel, Mashed Potatoes, Veggies, Dinner Roll
	BREAKFAST 27 Hot or Cold Cereal, Bagel, Cream Cheese, Veggies, Yogurt LUNCH Turkey & Salami Sandwich, Veggies, Potato Chips DINNER Meatballs, Rice, Veggies	BREAKFAST 28 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Tuna Melt, Veggies, Soup DINNER Orange Chicken, Lo Mein, Veggies	BREAKFAST 29 Hot or Cold Cereal, Waffles, Sunny Side Up Eggs, Veggies LUNCH Cheese Lasagna, Veggies, Soup DINNER Baked Chicken, Veggie Soup, Couscous	BREAKFAST 30 Hot or Cold Cereal, Pancakes, Scrambled Eggs, Veggies LUNCH Pigs in a Blanket, Sweet Potato, Veggies, Soup DINNER Spaghetti with Chicken Breast, Soup	SEPTEMBER 2026	