

*Heritage Green 10:00 Snacks are Available*

Meal	Sunday Mar-22, Apr-19, May-17, Jun-14 Jul-12, Aug-9, Sep-6	Monday Mar-23, Apr-20, May-18, Jun-15 Jul-13, Aug-10, Sep-7	Tuesday Mar-24, Apr-21, May-19, Jun-16 Jul-14, Aug-11, Sep-8	Wednesday Mar-25, Apr-22, May-20, Jun-17 Jul-15, Aug-12, Sep-9	Thursday Mar-26, Apr-23, May-21, Jun-18 Jul-16, Aug-13, Sep-10	Friday Mar-27, Apr-24, May-22, Jun-19 Jul-17, Aug-14, Sep-11	Saturday Mar-28, Apr-25, May-23, Jun-20 Jul-18, Aug-15, Sep-12
B R E A K F A S T 8:00am	V-8 Juice Juice of Choice Cold Cereal or Hot Cereal Banana Sausage Pancake Egg Margarine Jelly Milk Coffee or Tea	V-8 Juice Juice of Choice Cold or Hot Cereal Banana Hot Cereal Egg Sausage Toast Margarine Milk Jelly Coffee or Tea	V-8 Juice Juice of Choice Cold Cereal or Hot Cereal Banana Egg Bacon Toast Margarine Jelly Milk Coffee or Tea	V-8 Juice Juice of Choice Cold Cereal or Hot Cereal Banana Egg Omelet Sausage Biscuit Jelly Margarine Milk Coffee or Tea	V-8 Juice Juice of Choice Banana Half Cold Cereal or Hot Cereal Egg Bacon Toast Banana Margarine Jelly Coffee or Tea	V-8 Juice Juice of Choice Cold Cereal or Hot Cereal Banana Egg Biscuit with Sausage Gravy Banana Margarine Milk Coffee or Tea	V-8 Juice Juice of Choice Cold Cereal or Hot Cereal Egg Bacon Banana Margarine Banana Jelly Milk Coffee or Tea
L U N C H 12:00p m	Roast Pork Scalloped Potatoes Green Bean Dinner Roll Margarine Chocolate Cake Milk Beverage of Choice  Chef Choice Soup of the Day	BBQ Chicken Rice Pilaf Broccoli w/Cheese Dinner Roll Margarine Bread Pudding Milk Beverage of Choice  Chef Choice Soup of the Day	<b>National Squash Day</b> Meatloaf Mashed Potatoes Seasoned Squash Dinner Roll Margarine Cake w/Creamy Frosting Beverage of Choice  Chef Choice Soup of the Day	<b>Banana Day</b> Slice Turkey Wrapped w/Stuffing/Gravy French Style Green Beans Dinner Roll Margarine Red Gelatin w/Bananas Beverage of Choice  Soup of the Day Soup of the Day	Happy Thursday☺  Lemon Pepper Chicken Baked Potato Cauliflower and Peas Margarine Dinner Roll Sherbet Milk Beverage of Choice	Swiss Steak w/Gravy Au Gratin Potatoes Capri Blend Vegetables Dinner Roll Margarine Mandarin Oranges Milk Beverage of Choice  Soup of the Day	BBQ on Bun Corn On Cob Seasoned Zucchini Margarine Spiced Apples Milk Beverage of Choice  Chef Choice Soup of the Day
D I N N E R 5:00pm	Pepper Steak w/Gravy Seasoned White Rice Buttered Carrots Cornbread Pineapple Tidbits Beverage of Choice  Chef Choice Soup of the Day	Cold Plate: Homemade Chicken Salad On Lettuce Crackers Fresh Made Potato Salad Tomato Wedges Cucumber Slices Fresh Cantaloupe Milk Beverage of Choice  Soup of Choice	National Potato Night  Baked Ham Whole Baked Sweet Potato Garden Salad Assorted Dressings Dinner Roll Chilled Pears Beverage of Choice  Soup of the Day	Slow Cooked Steak Steak Fries Garden Salad Dinner Roll Margarine Chocolate Brownie w/Chocolate Syrup Beverage of Choice  Chef Choice Soup of the Day	National Peach Night  Cream of Tomato Soup Crackers Grilled Cheese Sandwich Fried Vegetable Sticks Sliced Peaches w/Cherry Milk Beverage of Choice  Chef Choice Soup of the Day	Fish Friday☺ Fried Fish Sticks With Tartar French Fries Homemade Coleslaw Dinner Roll Margarine Lemon Pudding Milk Beverage of Choice  Soup of the Day	Chef Salad:  Chef Salad With Sliced Turkey Cheese, Cucumbers ,Tomato Green Peppers ,Croutons Homemade Macaroni Salad Garlic Bread Pound Cake Beverage of Choice Soup of the Day
2:00p	Goldfish Crackers	Fig Newton	Vanilla Wafers	Cookies	Peanut Butter Crackers	Fig Newton	Graham Crackers
8:00p	Fig Newton	Peanut Butter Crackers	Yogurt Cup	Fruit Cup	Cookies	Applesauce Cup	Goldfish Crackers

Cycle 1 Spring/Summer 2009

# *Heritage Green 10:00 Snacks are Available*

WEEK 2

Meal	Sunday <small>Mar-1, Mar-29, Apr-26, May-24, Jun-21 Jul-19, Aug-16, Sep-13</small>	Monday <small>Mar-2, Mar-30, Apr-27, May-25, Jun-22 Jul-20, Aug-17, Sep-14</small>	Tuesday <small>Mar-3, Mar-31, Apr-28, May-26, Jun-23 Jul-21, Aug-18, Sep-15</small>	Wednesday <small>Mar-4, Apr-1, Apr-29, May-27 Jun-24, Jul-22, Aug-19, Sep-16</small>	Thursday <small>Mar-5, Apr-2, Apr-30, May-28, Jun-25 Jul-23, Aug-20, Sep-17</small>	Friday <small>Mar-6, Apr-3, May-1, May-29, Jun-26 Jul-24, Sep-18</small>	Saturday <small>Mar-7, Apr-4, May-2, May-30, Jun-27 Jul-25, Aug-22, Sep-19</small>
B R E A K F A S T  8:00am	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Toast Sausage Banana Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Bacon Biscuit Margarine Banana Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Fresh Made Blueberry Muffin Banana Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Bacon Toast Banana Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Danish Banana Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Toast Bacon Banana Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Toast Banana Jelly Milk Coffee or Tea
L U N C H  12:00p m	National Cookie Day Roast Beef Duchess Potatoes Scandinavian Vegetables Dinner Roll Margarine Homemade Cookies Milk Beverage of Choice  Chef Choice Soup of the Day	National Jell-o Day Sliced Baked Turkey Homemade Stuffing Glazed Carrots w/Cinnamon Dinner Roll Margarine Raspberry Jell-O Beverage of Choice  Soup of the Day Chef Choice	Breaded Pork Cutlet Buttered New Potatoes Green Beans Dinner Roll Margarine Spiced Peaches Milk Beverage of Choice  Soup of the Day Chef Choice	Country Fried Chicken Sweet Potato Casserole W/Marshmallows Creamed Spinach Dinner Roll Margarine Fruit Crisp Milk Beverage of Choice  Soup of the Day Chef Choice	Pepper Steak w/Gravy White Rice Steamed Broccoli Dinner Roll Margarine Chocolate Ice Cream Milk Beverage of Choice  Soup of the Day Chef Choice	Salmon Patty Parmesan Noodles Carrot Coins Dinner Roll Margarine Poke Cake Milk Beverage of Choice  Soup of the Day Chef Choice	Country Fried Steak w/Gravy Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Margarine Homemade Cookies Milk Beverage of Choice  Soup of the Day Chef Choice
D I N N E R  5:00pm	Baked Chicken Macaroni and Cheese Stewed Tomatoes Dinner Roll Margarine Fruit Medley Milk Beverage of Choice  Chef Choice Soup of the Day	Hot Roast Beef Sandwich With Gravy Mashed Potatoes Garden Salad Assorted Dressings Cheesecake w/Syrup Milk Beverage of Choice  Chef Choice Soup of the Day	Homemade Chicken and Dumplings Seasoned Zucchini Dinner Roll Margarine Yellow Cake w/Icing Milk Beverage of Choice  Chef Choice Soup of the Day	Vegetable Beef Soup Crackers Hot Ham and Cheese Creamy Coleslaw Mandarin Oranges w/Topping Milk Beverage of Choice  Chef Choice Soup of the Day	Cheddar Egg Omelet Fried Potatoes w/Onions Vegetables Medley Hot Buttered Biscuit Fresh Fruit Milk Beverage of Choice  Chef Choice Soup of the Day	Homemade Chicken Salad Fresh Made Macaroni Salad Green Bean Salad Dinner Roll Margarine Lime Pear Square Milk Beverage of Choice  Chef Choice	National Italian Night Deep Dish Cheese Pizza Garden Salad w/Cucumbers and Cheese Assorted Dressings Pineapple Chunks Milk Beverage of Choice  Soup of the Day
2:00pm	Fig Newton	Vanilla Wafers	Cookies	Peanut Butter Crackers	Fig Newton	Graham Crackers	Fig Newton
8:00	Goldfish Crackers	Fig Newton	Applesauce Cup	Graham Crackers	Fruit Cup	Vanilla Wafers	Goldfish Crackers

Cycle I Spring/Summer 2009		<b>Heritage Green 10:00 Snacks Available</b>						WEEK 3
Meal	Sunday Mar-8, Apr-5, May-3, May-31, Jun-28 Jul-26, Aug-23, Sep-20	Monday Mar-9, Apr-6, May-4, Jun-1, Jun-29 Jul-27, Aug-24, Sep-21	Tuesday Mar-10, Apr-7, May-5, Jun-2 Jun-30, Jul-28, Aug-25, Sep-22	Wednesday Mar-11, Apr-8, May-6, Jun-3, Jul-1 Jul-29, Aug-26, Sep-23	Thursday Mar-12, Apr-9, May-7, Jun-4 Jul-2, Jul-30, Aug-27, Sep-24	Friday Mar-13, Apr-10, May-8, Jun-5, Jul-3 Jul-31, Aug-28, Sep-25	Saturday Mar-14, Apr-11, May-9, Jun-6 Jul-4, Aug-29, Sep-26	
<b>B R E A K F A S T</b> 8:00am	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Biscuit Bacon Margarine Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Toast Margarine Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Bacon Toast Margarine Milk Apple Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Biscuit Milk Banana Margarine Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Omelet Bacon Toast Margarine Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Sausage Gravy Egg Biscuit Margarine Jelly Milk Coffee or Tea	Juice of Choice V-8 Juice Banana Half Cold Cereal or Hot Cereal Bacon Egg Toast Margarine Milk Coffee or Tea	
<b>L U N C H</b> 12:00p m	National Cake Day Baked Roast Pork German Cabbage Homemade Stuffing Dinner Roll Margarine Cheesecake Milk Beverage of Choice  Chef Choice Soup Of the Day	Fried Chicken Mashed Potatoes With Gravy Seasoned Green Beans Dinner Roll Margarine Sherbet Milk Beverage of Choice  Chef Choice Soup of the Day	Baked Ham w/Glaze Slow cooked Lima Beans Fried Yellow Squash Fresh Baked Cornbread Margarine Pudding Parfait Milk Beverage of Choice  Chef Choice Soup of the Day	Chef Salad w/Turkey Strips/Ham Strips Cucumbers, Onions Tomatoes Shredded Cheese Assorted Dressings Crackers Beet Salad Ice Cream Beverage of Choice  Soup of the Day	Chop Beef Steak Baked Stuffed Potato Seasoned Carrots Dinner Roll Margarine Banana Pudding W/Topping Milk Beverage of Choice  Chef Choice Soup of the Day	Fried Fish Fillet Corn On Cob Fresh Made Coleslaw Hushpuppies Margarine Lemon Meringue Pie Milk Beverage of Choice  Chef Choice Soup of the Day	Salisbury Steak Roasted Red Potatoes Fried Zucchini Sticks Dinner Roll Margarine Fresh Cut Fruit Milk Beverage of Choice  Soup of the Day	
<b>D I N N E R</b> 5:00pm	Honey Glazed Turkey w/Gravy Au Gratin Potatoes Broccoli w/Cheese Dinner Roll Fresh Cut Oranges Beverage of Choice  Chef Choice Soup of the Day	Meat sauce over Spaghetti Italian Vegetable Blend Garlic Bread Margarine Apple Dumpling Milk Beverage of Choice  Chef Choice Soup of the Day	Chicken Noodle Soup Crackers Homemade Chicken Salad Sandwich Marinated Cucumber Salad Sliced Peaches Beverage of Choice  Chef Choice Soup of the Day	National Pot Pie Night Beef Pot Pie Homemade Macaroni Salad Dinner Roll Margarine Homemade Chocolate Chip Cookie Milk Beverage of Choice  Soup of the Day	Teriyaki Chicken w/Pineapple Ring /Cherry Garden Rice Cheesy Cauliflower Dinner Roll Margarine Fruited Jell-O Milk Beverage of Choice  Soup of the Day	BBQ Ribette Macaroni and Cheese Seasoned Creamed Spinach Dinner Roll Margarine Spiced Apples Milk Beverage of Choice  Soup of the Day	Grilled Chicken On Bun Baked Beans Lettuce, Tomato, Onion Chocolate Brownie w/Chocolate Syrup Whip topping Chocolate Chips Milk Beverage of Choice  Soup of the Day	
2:00PM	Goldfish Crackers	Fig Newton	Vanilla Wafers	Cookies	Peanut Butter Crackers	Fig Newton	Graham Crackers	
8:00PM	Cookies	Peanut Butter Crackers	Goldfish Crackers	Fig Newton	Applesauce Cup	Vanilla Wafers	Goldfish Crackers	

Meal	Sunday Mar-15, Apr-12, May-10, Jun-7 Jul-5, Aug-30, Sep-27	Monday Mar-16, Apr-13, May-11, Jun-8 Jul-6, Aug-31, Sep-28	Tuesday Mar-17, Apr-14, May-12, Jun-9, Jul-7 Aug-4, Sep-1, Sep-29	Wednesday Mar-18, Apr-15, May-13, Jun-10, Jul-8 Aug-5, Sep-2, Sep-30	Thursday Mar-19, Apr-16, May-14, Jun-11 Jul-9, Aug-6, Sep-3, Oct-1	Friday Mar 20, Apr-17, May-15, Jun-12 Jul-10, Aug-7, Sep-4, Oct-2	Saturday Mar-21, Apr-18, May-16, Jun-13 Aug-8, Sep-5, Oct-3
<b>B R E A K F A S T</b> 8:00am	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Muffin Sausage Margarine Banana Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Bacon Toast Margarine Banana Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Cinnamon Biscuit Sausage Margarine Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Fried Apples Bacon Omelet Toast Banana Milk Coffee	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Sausage Pancake Syrup Margarine Milk Coffee or Tea	Juice of Choice V-8 Juice Cold Cereal or Hot Cereal Egg Fried Bologna Toast Banana Milk Coffee or Tea	Juice of Choice V-8 Juice Cold or Hot Cereal Egg Biscuit Bacon Banana Milk Jelly Coffee or Tea
<b>L U N C H</b> 12:00p m	Pot Roast of Beef Potatoes and Carrots Dinner Roll Margarine Chocolate Chip Cake Milk Beverage of Choice  Chef Choice Soup of the Day	Baked Chicken Breast Buttered Noodles Vegetable Medley Dinner Roll Margarine Pudding Parfait Milk Beverage of Choice  Chef Choice Soup of the Day	Corned Beef Baked Scalloped Apples Seasoned Cabbage Buttered Cornbread Margarine Mint Chocolate Chip Ice Cream Beverage of Choice  Chef Choice Soup of the Day	National Steak Day  Beef Cube Steak Green Peas Seasoned Carrots Dinner Roll Margarine Chocolate Cream Pie Beverage of Choice  Soup of the Day	Fried Chicken Legs Potato Wedges Green Beans Dinner Roll Margarine Pear Halves Milk Beverage of Choice  Chef Choice Soup of the Day	Fish Friday Fried Flounder Scalloped Potatoes Vegetable Medley Hushpuppies Margarine Lemon Pie Milk Beverage of Choice  Soup of the Day	Hot Dogs on Bun Chili, Mustard, Onion Onion Rings Fresh Made Potato Salad Fresh Baked Cake w/Icing Milk Beverage of Choice  Soup of the Day
<b>D I N N E R</b> 5:00pm	Hungarian Pork Chops Garden Blend Rice Fried Squash Dinner Roll Margarine Fruit Ambrosia Milk Beverage of Choice  Chef Choice Soup of the Day	Cheeseburger on Bun Lettuce ,Tomato, Onion And Pickle Potato Tots Fresh Fruit Milk Beverage of Choice  Chef Choice Soup of the Day	National Soup Day  Chicken Noodle Soup Chicken Salad on Croissant Lettuce, Tomato, Pickle Homemade Macaroni Salad Boston Cream Pie Milk Beverage of Choice	Bean and Bacon Soup Crackers Turkey Sandwich Slice Tomato Lettuce, Onion ,Mayo Pickle Potato Chips Fruited Gelatin Milk Beverage of Choice	Cheese Ravioli Casserole Garden Salad w/Dressing Crackers Margarine Garlic Bread Cookies Milk Beverage of Choice  Soup of the Day	Shredded Pork on Bun Baked Beans Creamy Coleslaw Fresh Fruit Milk Beverage of Choice  Soup of the Day Chef Choice	Chicken Tenders Corn Pudding Scandinavian Vegetables Dinner Roll Margarine Sliced Peaches Milk Beverage of Choice  Soup of the Day Chef Choice
<b>2:00 pm</b>	Goldfish Crackers	Fig Newton	Vanilla Wafers	Cookies	Graham Crackers	Goldfish Crackers	Fig Newton
<b>8:00 pm</b>	Fig Newton	Peanut Butter Crackers	Goldfish Crackers	Fruit Cup	Cookies	Applesauce Cup	Graham Crackers

