Diet Spreadshee			nture:	RD#		
Neek at a glance	e: Regular Die	t M:1 Wk:4				05/24/18 Page:
05/27/18	05/28/18	05/29/18	05/30/18	05/31/18	06/01/18	06/02/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Juice, Grape Juice Pineapple Oatmeal Cereal,cola Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice, Cranberry Cream Of Wheat Cereal, cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice Pineapple Juice, Grape Cream Of Rice Cereal,cold Sausage Gravy Egg Fried Biscuit&margarine Bu. Toast /jelly	Oatmeal Cereal,cold Egg, Scrambled	Juice, Orange Juice Pineapple Cream Of Rice Cereal,cold Waffle Egg Any/toast Sausage Link Sausage Pattie	Juice, Apple Juice, Orange Oatmeal Cereal, cold Egg Fried Egg, Scrambled Bacon Bu. Toast /jelly	Juice, Grape Juice, App Cream Of Wheat Cereal,co Egg, Scrambled Egg Frie Bacon Bu. Toast /jelly
LUNCH						
Gravy White Gravy Brown Chicken Fried Beef, Roast Potatoes Whipped Asparagus Green Beans Butter Pie Variety Hot Roll Margarine	Bbq Pork Riblette Chicken, Baked Baked Potato Casserole Veg., Mixed Butter Oriental Salad Cake Peach Pound	Roasted Chicken Fish Baked Risotto Rice Potatoes Buttered New Peas & Carrots Beans Wax Mandarin Oranges & Pineap	Beef Stroganoff/ Noodles Ham, Baked Broccoli Spinach Buttered Marinated Slaw Cake Cheese Cherry	Cheeseburger /bun Pork Tender. /bun Steak Fries Okra Fried Lettuce,tom, Pickle, Onio Strawberries W/ Topping	Gravy Pork Pork Roast Goulash Stuffing Apple Brussel Sprouts Veg. Meadow Blend Cake,pineupsde Dwn	Chicken Smothered Bratwurst On Bi Potato, Whip But Pot/french Fri Peas Buttered Brownie
SUPPER						
Meat Loaf Turkey & Rice Casserole Potatoes Augratin Corn,buttered Cucumber & Onion Salad Bar Chocolate Chip	Meatball Sandwich Pizza Potato Tater Tots Tossed Salad W/ Dressing Strawberry Mousse	Gravy White Chicken Tenders Sand- Blt Potato, Whip But Pot/french Fries Veg., Calif Mix Bu Sherbet	Salsa	Fish Fried / Tarter Sauce Chicken Fillet / Bun Macaroni & Cheese Beans Ranch Style Beans, Green & Wax Gelatin W Fruit Biscuit Cheese Herb	Spaghetti W/ Meat Sauce Chick. Caesar Wrap Veg. Italian Marinated Tomato Salad Fresh Fruit Bread, Garlic Potato Chips	Beef Pot Pie Sandwich Clu Spinach Salad Potato Sala Crisp,apple

	t GOOD SHEPHER		nture:	RD#		nu REPORT: ZXSPFN1I
Veek at a glance		t M:1 Wk:4				05/24/18 Page:
06/24/18	06/25/18	06/26/18	06/27/18	06/28/18	06/29/18	06/30/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
luice, Grape Juice Pineapple Datmeal Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice, Cranberry Cream Of Wheat Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice Pineapple Juice, Grape Cream Of Rice Cereal,cold Sausage Gravy Egg Fried Biscuit&margarine Bu. Toast /jelly	Juice, Cranberry Juice, Orange Oatmeal Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice Pineapple Cream Of Rice Cereal,cold Waffle Egg Any/toast Sausage Link Sausage Pattie	Juice, Apple Juice, Orange Oatmeal Cereal, cold Egg Fried Egg, Scrambled Bacon Bu. Toast /jelly	Juice, Grape Juice, App Cream Of Wheat Cereal, co Egg, Scrambled Egg Frie Bacon Bu. Toast /jelly
LUNCH				<u> </u>		
Gravy White Gravy Brown Chicken Fried Beef, Roast Potatoes Whipped Asparagus Green Beans Butter Pie Variety Hot Roll Margarine	Bbq Pork Riblette Chicken, Baked Baked Potato Casserole Veg., Mixed Butter Oriental Salad Cake Peach Pound	Roasted Chicken Fish Baked Risotto Rice Potatoes Buttered New Peas & Carrots Beans Wax Mandarin Oranges & Pineap	Beef Stroganoff/ Noodles Ham, Baked Broccoli Spinach Buttered Marinated Slaw Cake Cheese Cherry	Cheeseburger /bun Pork Tender. /bun Steak Fries Okra Fried Lettuce,tom, Pickle, Onio Strawberries W/ Topping	Gravy Pork Pork Roast Goulash Stuffing Apple Brussel Sprouts Veg. Meadow Blend Cake,pineupsde Dwn	Chicken Smothered Bratwurst On Be Potato, Whip But Pot/french Frie Peas Buttered Brownie
SUPPER						
Meat Loaf Turkey & Rice Casserole Potatoes Augratin Corn,buttered Cucumber & Onion Salad Bar Chocolate Chip	Meatball Sandwich Pizza Potato Tater Tots Tossed Salad W/ Dressing Strawberry Mousse	Gravy White Chicken Tenders Sand- Blt Potato, Whip But Pot/french Fries Veg., Calif Mix Bu Sherbet	Taco Salad Baked Ziti Corn,confetti Spinach Salad Salsa Sour Cream Fruit Fluff	Fish Fried / Tarter Sauce Chicken Fillet / Bun Macaroni & Cheese Beans Ranch Style Beans, Green & Wax Gelatin W Fruit Biscuit Cheese Herb	Spaghetti W/ Meat Sauce Chick. Caesar Wrap Veg. Italian Marinated Tomato Salad Fresh Fruit Bread, Garlic Potato Chips	Beef Pot Pie Sandwich Clu Spinach Salad Potato Sala Crisp,apple

Week at a glance	t GOOD SHEPHER Regular Die	t M:1 Wk:3	nture:			05/24/18 Page: 1
06/17/18 Sunday	06/18/18 Monday	06/19/18 Tuesday	06/20/18 Wednesday	06/21/18 Thursday	06/22/18 Friday	06/23/18 Saturday
BREAKFAST						
Juice, Orange Juice, Apple Cream Of Wheat Cereal,cold Egg Fried Egg, Scrambled Bacon Bu. Toast /jelly	Juice, Grape Juice, Cranberry Oatmeal Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Cranberry Juice, Orange Cream Of Wheat Cereal,cold Sausage Gravy Egg Fried Biscuit-jelly/butter Bu. Toast /jelly	Juice Pineapple Juice, Orange Cream Of Wheat Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice, Grape Oatmeal Cereal,cold Pancake/syrup,bu. Egg Any/toast Sausage Link Sausage Pattie	Cream Of Wheat Cereal,cold Egg, Scrambled Egg Fried Bacon	Juice, Apple Juice, Orang Oatmeal Cereal,col Egg Fried Egg, Scramble Bacon Bu. Toast /jelly
LUNCH	-	-	-			
Gravy White Chicken Fried Ham, Baked Potato, Whip But Potato,sweet Candy Vegetable Monaco /germany Pie, Coconut Cream Hot Roll Margarine	Spaghetti/meatballs Herbed Chicken Breast Veg. Italian Dressing Tossed Salad W/ Dressing Sherbet Bread, Garlic	Gravy,turkey Sand. Open Faced Turkey Broccoli & Chicken Strata Potato, Whip But Carrots, Buttered Tomato, Stewed Crisp, Cherry	Ham,sliced Aloha Chicken Potatoes Augratin Rice,buttered Asparagus Steamed Vegetable Cake, Carrot	Crab Cake/ Cocktail Sauce Beef Tips In Gravy Rice Pilaf Pasta Buttered Squash Medley Cauliflower /cheese Sauce Cinnamon Apple Gelatin	Beans, Baked	Steak,salsibury Stuffed Pepper Potatoes Mashed/gravy Broccoli Green Beans Butte Cake, Cherry Poke
SUPPER						
Cheesy Ham & Hashbrown Cartuffed Tomato /tuna Sala	Gravy White	Chicken & Noodle Cass. Sandwich Phiily Steak	Gravy Brown	Soup Vegetable	Club Turkey Wrap Tuna Noodle Cass.	Quiche Bacon Sand-ham Sala
Green Beans Butter <i>Coleslaw</i>	Pork Fritter Chicken Salad Sdw./wheat	Spinach Salad Seasoned Curly Fries	Sand. Open Face Rst. Beefheese Tortellini Alfredo	Grilled Chick Salad W/org Sausage Casserole	Pasta Salad	Carrots Ranch Vegetable Sala
Fruit Cocktail	Potato, Whip But Cucumber & Tomato Salad Lima Beans Cupcake Frosted	Fresh Fruit	Potato, Whip But Cabbage Buttered Peas & Carrots Tropical Fruit Salad	Green Beans Butter Cheese Bread Stick Crackers Cobbler,blackberry	Beets, Pickled Veg., Mixed Butter Lemon Layer Dessert	Fresh Fruit Muffins

Diet Spreadshee			ature:	RD#		nu REPORT: ZXSPFN1D
Week at a glance 06/10/18 Sunday	06/11/18 Monday	06/12/18 Tuesday	06/13/18 Wednesday	06/14/18 Thursday	06/15/18 Friday	06/16/18 Saturday
BREAKFAST						
Juice, Apple Juice, Orange Cream Of Rice Cereal,cold Bacon Egg Fried Egg, Scrambled Bu. Toast /jelly	Juice, Orange Juice, Apple Oatmeal Cereal,cold Egg Fried Egg, Scrambled Bacon Bu. Toast /jelly	Juice Pineapple Juice, Orange Cream Of Wheat Cereal,cold Sausage Gravy Egg Fried Biscuit Bu. Toast /jelly	Oatmeal Cereal,cold Egg, Scrambled Egg Fried Bacon	Juice, Grape Juice, Apple Cream Of Rice Cereal,cold Sausage Link Sausage Pattie Pancake/syrup,bu. Egg Any/toast	Juice, Orange Juice Pineapple Cream Of Wheat Cereal,cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Cranberry Juice, Grap Cream Of Rice Cereal, co Egg Fried Egg, Scramble Bacon Bu. Toast /jelly
LUNCH						
Pork,roast Glazed Beef Tips In Gravy Baked Swt. Potato Noodles, Buttered Broccoli Cheesy Veg. Meadow Blend Angel Peach Dessert Hot Roll Margarine	Stk Pasta Buttered Garlic Mashed Potatoes Peas, Buttered	Ham And Beans Beef, Roast Potatoes Fried Carrots/potatoes/onions Greens Fresh Fruit Bread, Corn Margarine	Pork Roast Chicken & Dumplings Potatoes Buttered New Broccoli Spinach Buttered Peach Crumble	Gravy Brown Meat Loaf Chicken Bbq Potato, Whip But Peas Buttered Carrots Brownie Cream Cheese	Fish Fried / Tarter Sauce Turkey Ala King/ Biscuit Hashbrown Cass. Green Beans Butter Cucumber & Onion Salad Pudding Lemon	Cheeseburger /bun Chicken Onion Sag Steak Fries Beans, Bak Lettuce,tom, Pickle, Onio Slaw Can Pudding, Choc.w/topping
SUPPER						
Soup French Onion Beef & Macaroni Egg Salad Sandwich Corn,buttered Beets, Pickled Ice Cream	Gravy White Chicken Fried Fish On Bun/ Tarter Sauce Potato, Whip But Potato Tater Tots Carrots Candied Coleslaw Fruit Cocktail	Taco Salad Chicken Spaghetti Spanish Rice Veg. Italian Salsa Sour Cream Cookies No Bake	Gravy White Chicken Livers Pork Tender. /bun Potato, Whip But Green Beans Butter Corn,buttered Cake,pineupsde Dwn	Soup Veg. Homemade Hot Dog On Bun Sand- Blt Potato Tater Tots Strawberries Crackers	Glazed Smoked Sausage Chicken Pot Pie Pasta Buttered Veg., Mixed Butter Coleslaw Peach Cobbler	Pulled Pork Sliders Sweet & Sour Chicke Sweet Potato Puffs Rice,buttere Veg. Oriental Blend Mandrian Oranges

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Neek at a glance		t M:1 Wk:1				05/24/18 Page:
06/03/18	06/04/18	06/05/18	06/06/18	06/07/18	06/08/18	06/09/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Oatmeal Cereal,cold Juice, Cranberry Juice, Grape Egg, Scrambled Egg Fried	Juice, Orange Juice, Apple Cream Of Rice Cereal, cold Egg Fried Egg, Scrambled	Juice Pineapple Juice, Orange Cream Of Wheat Cereal,cold Sausage Gravy Egg Fried	Juice, Apple Juice, Grape Oatmeal Cereal, cold Egg, Scrambled Egg Fried	Juice, Orange Juice, Apple Cream Of Wheat Cereal, cold Pancake/syrup,bu. Egg Any/toast	Juice, Grape Juice, Cranberry Cream Of Rice Cereal, cold Egg, Scrambled Egg Fried	Juice, Orange Juice Pineapp Oatmeal Cereal,co Egg Fried Egg, Scrambi
Bacon Bu. Toast /jelly	Bacon Bu. Toast /jelly	Biscuit Bu. Toast /jelly	Bacon Bu. Toast /jelly	Sausage Pattie Sausage Link	Bacon Bu. Toast /jelly	Bacon Bu. Toast /jelly
LUNCH						
Chicken Bbq Ham, Baked Corn On Cob Potatoes Augratin Green Beans Butter Cobbler, Cherry Hot Roll Margarine	Gravy Pork Pork Cutlet Chicken & Dumplings Sweet Potato Casserole Cabbage Buttered Carrots Lemon Cream Pie	Steak,salsibury Cheese Tortellini Alfredo Potato, Oven Brown Spinach Salad Broccoli Peanut Butter Brownie	Gravy Turkey, Roast Pln. Beef And Noodles Garlic Mashed Potatoes Zucchini, Seasoned Green Beans Butter Cake, Orange W/icn	Gravy Brown Gravy Pork Meat Loaf Pork Roast Potato, Whip But Peas & Carrots Broccoli Crisp,apple	Chicken, Baked Fish Fried / Tarter Sauce Rice Pilaf Macaroni & Cheese Squash Medley Veg., Mixed Butter Cake, Lemon	Shrimp Fried Hawaiian Meatba Potatoes Scalloped Rice,butter Broccoli, Buttered Gree Tropical Fruit Salad Hushpuppies Cocktail Sauce
SUPPER						
Hamburger Patty/bun Pizza Lettuce,tom, Pickle, Onio Coleslaw Beans, Baked Cookies, Sugar	Tuna Salad Cold Plate Grilled Turkey Reuben Pasta Salad Pot/french Fries Pea Salad Fresh Fruit	Nacho Chicken Bake Sand-cold Cut W/w Beans, Pinto Beets, Pickled Gelatin W Fruit Bread, Corn Mexican	Ham And Beans Patty Melt Potatoes Fried Onion Rings Greens Marinated Slaw Peaches W/topping Bread, Corn Margarine	Soup Cheesy Potato Sloppy Joe On Bun Salad Chef / Dressing Potato Tater Tots 3-bean Salad Pudding, Bread-van. Sauce	Sand.grilled Ham Cheese	Gravy White Chicken Tenders Sandwich Cli Potato, Whip But Potato Chi Green Beans,w/onion Salad Tomato Dice Cake Poke/topping