	et GOOD SHEPHER		ature:	RD#		nu REPORT: ZXSPFN1D
Neek at a glanc						10/25/18 Page:
10/28/18	10/29/18	10/30/18	10/31/18	11/01/18	11/02/18	11/03/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Juice, Apple Juice, Orange Cream Of Rice Cereal.cold	Oatmeal	Cream Of Wheat	Juice, Orange Juice, Apple Oatmeal Cereal.cold	Juice, Grape  Juice, Apple Cream Of Rice  Cereal.colo	Cream Of Wheat	Juice, Cranberry Juice, Grap Cream Of Rice Cereal.co
Bacon Egg Fried	Egg Fried  Egg, Scrambled  Bacon	Sausage Gravy	Egg, Scrambled	Sausage Link Sausage Pattie Pancake/syrup,bu.	Egg, Scrambled	Egg Fried
Egg, Scrambled Bu. Toast /jelly		Bu. Toast /jelly		Egg Any/toast	Bu. Toast /jelly	Bu. Toast /jelly
LUNCH						
Pork,roast Glazed	Bacon Wrapped Chopped Stk	Beef, Roast	Chicken & Dumplings	Gravy Brown	Fish Fried / Tarter Sauce	Sweet & Sour Chicken
Baked Swt. Potato	Garlic Mashed Potatoes	Carrots/potatoes/onions	Broccoli	Meat Loaf	Hashbrown Cass.	Rice
Veg. Meadow Blend	Peas, Buttered	Fresh Fruit	Pudding, Buttersch	Potato, Whip But	Green Beans Butter	Veg. Oriental Blend
Cake,angel Food Frosted	Gelatin W/ Topping			Carrots	Pudding Lemon	Egg Roll
Hot Roll				Brownie Cream Cheese		Cake Choc./icing
Margarine						
SUPPER						
Beef & Macaroni	Gravy White	Chicken Spaghetti	Gravy White	Chicken Bbq	Glazed Smoked Sausage	Pulled Pork Sliders
Corn,buttered	Chicken Fried	Veg. Italian	Chicken Livers	Potato Wedges	Pasta Buttered	Sweet Potato Puffs
ce Cream	Potato, Whip But	Cookies No Bake	Potato, Whip But	Marinated Slaw	Veg., Mixed Butter	Vegetable Monaco /germany
	Carrots Candied	Bread, Garlic	Green Beans Butter	Strawberries	Peach Cobbler	Mandrian Oranges
	Fruit Cocktail		Cake,pineupsde Dwn			

Diet Spreadshee Week at a glance			ature:	RD#		10/25/18 Page: 1
11/04/18 Sunday	11/05/18 Monday	11/06/18 Tuesday	11/07/18 Wednesday	11/08/18 Thursday	11/09/18 Friday	11/10/18 Saturday
BREAKFAST						
Juice, Orange Juice, Apple Cream Of Wheat Cereal, cold Egg Fried Egg, Scrambled Bacon Bu. Toast /jelly Biscuit	Oatmeal	Sausage Gravy	Cream Of Wheat  Cereal,cold  Egg, Scrambled	Juice, Orange Juice, Grape Oatmeal Cereal,cola 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, co. Egg Fried Egg, Scramble Bacon Bu. Toast /jelly
LUNCH						
Gravy White	Spaghetti/meatballs	Gravy,turkey	Ham,sliced	Beef Tips In Gravy	Chicken Bbq	Steak,salsibury
Chicken Fried	Veg. Italian	Sand. Open Faced Turkey	Potatoes Augratin	Pasta Buttered	Potato Salad	Potatoes Mashed/gravy
Potato, Whip But	Tossed Salad W/ Dressing	Potato, Whip But	Asparagus	Squash Medley	Beans, Baked	Broccoli
Vegetable Monaco /germany	Sherbet	Carrots, Buttered	Cake, Carrot	Cinnamon Apple Gelatin	Peaches W/topping	Cake, Cherry Poke
Pie, Coconut Cream	Bread, Garlic	Crisp, Cherry				
Hot Roll						
Margarine						
SUPPER						
Cheesy Ham & Hashbrown Ca	Gravy White	Sandwich Phiily Steak	Gravy Brown	Grilled Chick Salad W/org	Tuna Noodle Cass.	Quiche Bacon
Green Beans Butter	Pork Fritter	Seasoned Curly Fries	Sand. Open Face Rst. Beef	Green Beans Butter	Veg., Mixed Butter	Carrots
Fruit Cocktail	Potato, Whip But	Fresh Fruit	Potato, Whip But	Cheese Bread Stick	Lemon Layer Dessert	Fresh Fruit
	Cucumber & Tomato Salad		Cabbage Buttered	Cobbler,blackberry		Muffins
	Cupcake Frosted		Tropical Fruit Salad			

Diet Spreadshee				RD#		40/05/40 B
Neek at a glance						10/25/18 Page:
11/11/18	11/12/18 Manday	11/13/18	11/14/18 Wadnaaday	11/15/18	11/16/18	11/17/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Juice, Grape	Juice, Orange	Juice Pineapple	Juice, Cranberry	Juice, Orange	Juice, Apple	Juice, Grape
Juice Pineapple Oatmeal	Juice, Cranberry Cream Of Wheat	Juice, Grape Cream Of Rice	Juice, Orange Oatmeal	Juice Pineapple Cream Of Rice	<i>Juice, Orange</i> Oatmeal	Juice, App Cream Of Wheat
Cereal,cold				Cereal, cold		Cereal,co
Egg, Scrambled <i>Egg Fried</i>	Egg, Scrambled <i>Egg Fried</i>	Sausage Gravy Egg Fried	Egg, Scrambled <i>Egg Fried</i>	Waffle Egg Any/toast	Egg Fried <i>Egg, Scrambled</i>	Egg, Scrambled  Egg Frie
Bacon	Bacon	Biscuit&margarine	Bacon	Sausage Link	Bacon	Bacon
Bu. Toast /jelly	Bu. Toast /jelly	Bu. Toast /jelly	Bu. Toast /jelly	Sausage Pattie	Bu. Toast /jelly	Bu. Toast /jelly
, , ,						
LUNCH						
Gravy Brown	Bbq Pork Riblette	Fish Baked	Beef Stroganoff/ Noodles	Cheeseburger /bun	Gravy Pork	Chicken Smothered
Beef, Roast	Baked Potato Casserole	Potato,creamed	Broccoli	Steak Fries	Pork Roast	Potato, Whip But
Potatoes Whipped	Veg., Mixed Butter	Peas & Carrots	Marinated Slaw	Lettuce,tom, Pickle, Onio	Dressing	Peas Buttered
Green Beans Butter	Pudding, Bread-van. Sauce	Mandarin Oranges & Pineap	Cake Cheese Cherry	Strawberries W/ Topping	Brussel Sprouts	Brownie
Pie Variety					Cake,pineupsde Dwn	
Hot Roll						
Margarine						
SUPPER						
Meat Loaf	Baked Ziti	Gravy White	Taco Salad	Fish Fried / Tarter Sauce	Spaghetti W/ Meat Sauce	Sandwich Club
Potatoes Augratin	Spinach Salad	Chicken Tenders	Corn,confetti	Macaroni & Cheese	Veg. Italian	Potato Salad
Steamed Vegetable	Strawberry Mousse	Potato, Whip But	Salsa	Beans, Green & Wax	Fresh Fruit	Pickle,dill
Bar Chocolate Chip	Cheese Bread Stick	Veg., Calif Mix Bu	Sour Cream Fruit Fluff	Gelatin W Fruit	Bread, Garlic	Crisp,apple
		Sherbet				

Diet Spreadshee			nture:	RD#		
Week at a glance		et M:1 Wk:1				10/25/18 Page:
11/18/18	11/19/18	11/20/18	11/21/18	11/22/18	11/23/18	11/24/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Cereal, cold  Cereal, cold Juice, Cranberry Juice, Grape Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice, Apple Cream Of Rice 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	Juice, Apple Juice, Grape Oatmeal Cereal, cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice, Apple Cream Of Wheat Cereal, cold Pancake/syrup,bu. Egg Any/toast Sausage Pattie Sausage Link	Juice, Grape Juice, Cranberry Cream Of Rice Cereal, cold Egg, Scrambled Egg Fried Bacon Bu. Toast /jelly	Juice, Orange Juice Pineapp Oatmeal Cereal,co Egg Fried Egg, Scramble Bacon Bu. Toast /jelly
LUNCH						
Ham, Baked	Gravy Pork	Steak,salsibury	Gravy	Gravy Brown	Fish Fried / Tarter Sauce	Shrimp Fried
Potatoes Augratin	Pork Cutlet	Potato, Oven Brown	Turkey, Roast Pln.	Meat Loaf	Macaroni & Cheese	Potatoes Scalloped
Green Beans Butter	Sweet Potato Casserole	Broccoli	Garlic Mashed Potatoes	Potato, Whip But	Squash Medley	Broccoli, Buttered
Cobbler, Cherry	Carrots	Peanut Butter Brownie	Greenbeans/bacon/b	Peas & Carrots	Cake, Lemon	Tropical Fruit Salad
Hot Roll	Lemon Cream Pie		Cake, Orange W/icn	Crisp,apple		Hushpuppies
Margarine						Cocktail Sauce
SUPPER						
Hamburger Patty/bun	Tuna Salad Cold Plate	Nacho Chicken Bake	Ham And Beans	Sloppy Joe On Bun	Sand.grilled Ham Cheese	Gravy White
Lettuce,tom, Pickle, Onio	Pasta Salad	Beans, Pinto	Potatoes Fried	Potato Tater Tots	Pot/french Fries	Chicken Tenders
Beans, Baked	Pea Salad	Gelatin W Fruit	Greens	3-bean Salad	Pickle,dill	Potato, Whip But
Cookies, Sugar	Fresh Fruit	Bread, Corn Mexican	Peaches W/topping	Pudding, Bread-van. Sauce	Sherbet	Green Beans,w/onion
			Bread, Corn		Muffins	Cake Poke/topping
			Margarine			

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Week at a glance						10/25/18 Page:
11/25/18	11/26/18	11/27/18	11/28/18	11/29/18	11/30/18	12/01/18
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Juice, Apple <i>Juice, Orange</i> Cream Of Rice <i>Cereal,colo</i>	Oatmeal <i>Cereal,cold</i>	Cream Of Wheat Cereal,cold		Juice, Grape  Juice, Apple Cream Of Rice  Cereal,colo	Cream Of Wheat Cereal,cold	Juice, Cranberry Juice, Grap Cream Of Rice Cereal,co
Bacon Egg Fried	Egg Fried  Egg, Scrambled  Bacon	Biscuit	Bacon	Sausage Link Sausage Pattie Pancake/syrup,bu.	Egg, Scrambled  Egg Fried  Bacon	Egg Fried  Egg, Scramble Bacon
Egg, Scrambled Bu. Toast /jelly	Bu. Toast /jelly	Bu. Toast /jelly	Bu. Toast /jelly	Egg Any/toast	Bu. Toast /jelly	Bu. Toast /jelly
LUNCH						
Pork,roast Glazed	Bacon Wrapped Chopped Stk	Beef, Roast	Chicken & Dumplings	Gravy Brown	Fish Fried / Tarter Sauce	Sweet & Sour Chicken
Baked Swt. Potato	Garlic Mashed Potatoes	Carrots/potatoes/onions	Broccoli	Meat Loaf	Hashbrown Cass.	Rice
Veg. Meadow Blend	Peas, Buttered	Fresh Fruit	Pudding, Buttersch	Potato, Whip But	Green Beans Butter	Veg. Oriental Blend
Cake,angel Food Frosted	Gelatin W/ Topping			Carrots	Pudding Lemon	Egg Roll
Hot Roll				Brownie Cream Cheese		Cake Choc./icing
Margarine						
SUPPER						
Beef & Macaroni	Gravy White	Chicken Spaghetti	Gravy White	Chicken Bbq	Glazed Smoked Sausage	Pulled Pork Sliders
Corn,buttered	Chicken Fried	Veg. Italian	Chicken Livers	Potato Wedges	Pasta Buttered	Sweet Potato Puffs
Ice Cream	Potato, Whip But	Cookies No Bake	Potato, Whip But	Marinated Slaw	Veg., Mixed Butter	Vegetable Monaco /germany
	Carrots Candied	Bread, Garlic	Green Beans Butter	Strawberries	Peach Cobbler	Mandrian Oranges
	Fruit Cocktail		Cake,pineupsde Dwn			