

Egg Bacon & Cheese Breakfast Sandwich Applesauce Juice of Choice Milk

Cereal of Choice

Sausage Gravy Scrambled Eggs Biscuit Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Vegetable Omelet Sausage Patty Toast Fresh Banana Juice of Choice Milk Cereal of Choice

Cheese Strata with Peppers Canadian Bacon Fruit Cocktail Juice of Choice Milk

Cereal of Choice

French Toast Sticks Turkey Sausage Patty Diced Pears Juice of Choice Milk

Cereal of Choice

Scrambled Eggs Bacon Assorted Danish Berry Cup Juice of Choice Milk

Cereal of Choice

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Breakfast Ham English Muffin Diced Peaches Juice of Choice Milk

Fried Egg

Cereal of Choice

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Steak Salad Marinated Pork Loin Baked Potato Cottage Fries Sour Cream Roasted Winter Vegetables Garlic Breadstick Chocolate Peanut Snickerdoodle Cookie **Butter Square** Lemonade Lemonade Milk Milk

White Chicken Chili Sweet Potato Fries Asparagus Garlic Bread Ambrosia Lemonade Milk

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Hot Roast Beef & Swiss Cheese Onion Roll Horseradish Dijon Sauce Garlic Mashed Potatoes Steamed Broccoli with Lemon Cinnamon Baked ApplesLemonade Milk

Breaded Fish with Cheese on a Bun Broccoli Cheese Soup Calico Coleslaw Assorted Ice Cream Lemonade Milk

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Cranberry Orange Chicken Roasted Sweet Potato Brussels Sprouts Medley Dinner Roll or Bread Blonde Brownie Lemonade Milk

Kielbasa Sausage Pierogies Sauerkraut Dinner Roll or Bread Fantasy Fruit Lemonade Milk

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Turkey Tetrazzini Sliced Beets Dinner Roll or Bread Pumpkin Mousse Milk

Beef Pot Pie Lemony Rocket Salad w/ Dressing Peach Cobbler Milk

Chicken Stir Fry with Vegetables Rice Vegetable Spring Rolls Cherry Pineapple Gelatin Milk

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Sliced Baked Ham Macaroni & Cheese Peas & Mushrooms Dinner Roll or Bread Milk

Salisbury Steak Butter Herbed Noodles Spinach Dinner Roll or Bread Butterscotch Pudding Parfait Marble Cheesecake Brownie Milk

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Thin Crust Cheese Pizza Tossed Salad with Dressing Breadstick Peanut Butter Cookie Milk

Deli Sandwich Wild Rice & Chicken Soup Stewed Tomato Salad Rainbow Cake Milk

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Monday March 10, 2025

Ham & Cheese Frittata

Toast

Applesauce

Juice of Choice

Milk

Cereal of Choice

Supreme Pizza

Caesar Salad

7-Up Cake

Lemonade

Milk

Honey Glazed Turkey

Sweet Potato Wedges

Mixed Vegetables

Dinner Roll or Bread

Caramel Apple Cake

Milk

Tuesday March 11, 2025

Apple Pancakes

Sausage Links

Mandarin Oranges

Juice of Choice

Wednesday March 12, 2025

Thursday March 13, 2025

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Friday March 14, 2025

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Saturday March 15, 2025

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Sunday March 16, 2025

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Fresh Banana Juice of Choice

Milk Cereal of Choice Breakfast Sausage Burrito Milk

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Cereal of Choice

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Cinnamon French Toast Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

Western Omelet Toast **Diced Pears** Juice of Choice

Milk

Cereal of Choice

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Fried Egg Canadian Bacon **English Muffin** Berry Cup Juice of Choice

Milk Cereal of Choice

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Egg & Cheese on Bacon Croissant Diced Peaches Juice of Choice

Milk Cereal of Choice

LUNCH

Gyro Tzatziki Greek Pasta Salad Rice Puddina Lemonade

Milk

Pork Medallions Oven Roasted Potatoes Dilled Baby Carrots Dinner Roll or Bread Blonde Brownie Lemonade Milk

BBQ Chicken Chuckwagon Corn Broccoli Au Gratin Rosy Pears Lemonade Milk

Mushroom & Swiss Cheese Hamburger Lettuce Tomato and Onion Delmonico Potatoes Three Bean Salad Rocky Road Pudding Lemonade Milk

Baked Ziti with Meatsauce Tossed Salad with Dressing Breadstick Lemon Bar Lemonade Milk

Meatloaf Brown Gravy Garlic Mashed Potatoes Italian Vegetable Blend Dinner Roll or Bread Cranberry Velvet Gelatin Dessert Lemonade Milk

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> Chicken Pot Pie Stewed Tomatoes Chocolate Raspberry Bar Milk

Chicken Salad Sandwich French Onion Soup Capri Vegetable Blend Lemon Pudding Tart Milk

Beef Soft Tacos Spanish Rice Black Bean Salad Key Lime Pie Milk

Fried Popcorn Shrimp Cocktail Sauce Crinkle Cut Fries Baked Beans Cinnamon Crispies Cookie Milk

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Ham & Cheese on a Croissant Chicken Noodle Soup Roasted Asparagus Cinnamon Baked Apples Milk

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Grilled Two Cheese Sandwich Cream of Tomato Soup Caribbean Vegetable Blend Chocolate Chip Cookie Milk

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Powerlink Nutritional Services



Monday March 17, 2025

Tuesday Marchy 18, 2025 Wednesday March 19, 2025

Thursday March 20, 2025

Friday March 21, 2025

Saturday March 22, 2025

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Sunday March 23, 2025

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Egg & Canadian Bacon Breakfast Sandwich **Applesauce** Juice of Choice Milk

Cereal of Choice

Rancher's Chicken

Duchess Potatoes

Normandy Vegetable Blend

Dinner Roll or Bread

Chocolate Mousse

Lemonade

Milk

Corned Beef

Cabbage and Carrots

Potatoes

St. Patrick's Day Cake

Scrambled Eggs Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Denver Omelet Toast Fresh Banana Juice of Choice Milk

Cereal of Choice

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Pancakes Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk Cereal of Choice

Huevos Rancheros Hashbrown Patty Diced Pears Juice of Choice Milk Cereal of Choice

Scrambled Egg with Onions Bacon Assorted Danish Berry Cupl Juice of Choice Milk Cereal of Choice

Waffle with Strawberries Turkey Sausage Link Diced Peaches Juice of Choice Milk Cereal of Choice

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> **BBQ** Beef Brisket Mashed Sweet Potato Broccoli & Cauliflower Dinner Roll or Bread Sugar Cookie Lemonade Milk

Italian Sausage on a Bun Tater Tots **Buttered Green Beans** Chocolate Chip Bar Lemonade Milk

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Beef Chili with Beans Tossed Salad with Dressing Cornbread S'more Pudding Parfait Lemonade Milk

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Apple Ginger Pork Chop Parslied New Potatoes Spinach with Mushrooms Dinner Roll or Bread Cinnamon Applesauce Lemonade Milk

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Cheese Ravioli Casserole Lemony Rocket Salad w/ Dressing Garlic Bread Italian Ice Lemonade Milk

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DINNER

Marinated Chicken Baked Sweet Potato with Cinnamon Butter Cream Cheese Corn Dinner Roll or Bread Apple Betty Lemonade Milk

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> Turkey Teriyaki Pineapple Rice Pilaf Honey Ginger Baby Carrots Dinner Roll or Bread Strawberry Delight Gelatin Milk

Chicken Alfredo with Fettuccine Noodles Capri Vegetable Blend Breadstick Pineapple Dream Milk

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Sweet & Sour Pork Steamed Rice Asian Vegetable Blend Dinner Roll or Bread Peach Crisp Milk

Beer Battered Fish Steak Fries Creamy Coleslaw Dinner Roll or Bread Chocolate Brownie Milk

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Sloppy Joe on a Bun **Onion Rings** Green Peas w/ Red Peppers Gelatin Jewels Milk

Ham & Pea Tortellini **Baby Carrots** Dinner Roll or Bread Assorted Ice Cream Milk







Monday March 24, 2025 Tuesday March 25, 2025 Wednesday March 26, 2025 Thursday March 27, 2025 Friday March 28, 2025 Saturday March 29, 2025 Sunday March 30, 2025

RREAKFAST BREAKFAST BREAKFAS

French Toast Canadian Bacon Applesauce Juice of Choice Milk

Marinated Flank Steak

Parmesan Basil Orzo

Mixed Vegetables

Lemon Cake w/ Lemon Icing

Lemonade

Milk

Supreme Pizza

Spring Mix with Dressing

Breadstick

Pineapple Cream Gelatin

Milk

Cereal of Choice

Sausage Omelet Apple Cinnamon Muffin Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Fried Egg Turkey Sausage Patty Toast Fresh Banana Juice of Choice Milk Cereal of Choice Western Scrambled Eggs
Bacon
Toast
Fruit Cocktail
Juice of Choice
Milk
Cereal of Choice

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Scrambled Eggs
Corned Beef Hash
Toast
Diced Pears
Juice of Choice
Milk
Cereal of Choice

Hard Cooked Egg Sausage Links Cinnamon Roll Berry Cup Juice of Choice Milk Cereal of Choice

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Blueberry Pancakes
Bacon
Diced Peaches
Juice of Choice
Milk
Cereal of Choice

LUNCH

Chicken Club Wrap Minestrone Soup Chocolate Eclair Bar Lemonade Milk Cranberry Glazed Ham Au Gratin Potatoes Greens Dinner Roll or Bread Sugar Cookie Lemonade Milk Beef & Bean Burrito Mexican Corn Churros Lemonade Milk Tuna Melt Peas & Carrots Boston Cream Pie Lemonade Milk Meatballs with Sauce Spaghetti Noodles Capri Vegetable Blend Garlic Bread Blueberry Cheesecake Bar Lemonade Milk

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Pot Roast with Oven Roasted Potatoes Roasted Baby Carrots Dinner Roll or Bread Fruit Crisp Lemonade Milk

DINNER

Veal Cutlet with Mushroom Sauce Herb Buttered Linguini California Vegetable Blend Dinner Roll or Bread Modified Deluxe Fruit Salad Milk

Beef Stroganoff Egg Noodles Winter Vegetable Blend Dinner Roll or Bread Cookies & Cream Pie Milk

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Lemon Pepper Turkey Roasted Sweet Potato Spinach with Garlic Dinner Roll or Bread Chocolate Chip Bread Pudding Milk Chicken Teriyaki
Pineapple Rice Pilaf
Asian Vegetable Blend
Dinner Roll or Bread
Yellow Cupcake w/ Chocolate
Frosting
Milk

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BBQ Pork Roast Hashbrown Casserole Cauliflower Strawberry Applesauce Milk

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Chili Cheese Dog Homemade Potato Chips Tossed Salad with Dressing Mandarin Orange Delight Gelatin Milk

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Monday March 31, 2025 Tuesday April 1, 2025 Wednesday April 2, 2025

Thursday April 3, 2025

Friday April 4, 2025 Saturday April 5, 2025

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Sunday April 6, 2025

Scrambled Eggs Breakfast Ham Toast

Diced Pears Juice of Choice Milk

Potato Omelet Coffee Cake Berry Cup

Cereal of Choice

Waffle

Turkey Sausage Link

Scrambled Eggs Bacon Assorted Danish Applesauce Juice of Choice Milk

Cereal of Choice

Fried Chicken

Parslied Mashed Potatoes

California Vegetable Blend

Dinner Roll or

Bread Fruit Fling

Lemonade

Milk

Swedish Meatballs

Egg Noodles

Parslev Buttered Carrots

Dinner Roll or Bread

Chocolate Tango Pudding

Milk

Fried Eaa Sausage Links Toast Mandarin Oranges Juice of Choice Milk

Cereal of Choice

Canadian Bacon Toast Fresh Banana Juice of Choice Milk

Hard Cooked Egg

Cereal of Choice

French Toast Casserole Turkey Sausage Patty Fruit Cocktail Juice of Choice Milk

Cereal of Choice

Juice of Choice Milk

Diced Peaches Juice of Choice Milk

Cereal of Choice

Cereal of Choice

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> Lasagna with Meatsauce Italian Green Beans Garlic Bread Lemon Pudding Cake Lemonade Milk

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Roast Beef Au Jus Baked Potato Sour Cream Broccoli Florets Dinner Roll or Bread Peaches & Cream Gelatin Dessert Lemonade Milk

Braised Pork Tips Roasted Red Skin Potatoes **Buttered Green Peas** Dinner Roll or Bread Harvest Cake Lemonade Milk

Tuna Noodle Casserole Prince Edward Vegetable Blend Breadstick Strawberry Cake with Frosting Lemonade Milk

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Herbed Turkey Turkey Gravy Apple Bread Dressing

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Zucchini Caramel Brownie Lemonade Milk

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Chicken & Dumplings Peas & Carrots Dinner Roll or Bread Lime Dream Cake Lemonade Milk

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> Bourbon Maple Glazed Ham Corn Casserole Spinach Au Gratin Dinner Roll or Bread

Cinnamon Applesauce

Milk

Pizza Casserole Sicilian Vegetable Blend Marbled Cheesecake Milk

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Chicken Tenders Dipping Sauce Cottage Fries Italian Vegetable Blend Dinner Roll or Bread Cherry Cobbler Milk

Blue Cheese Hamburger Lettuce Tomato Onion & Pickle Sidewinder Fries Marinated Cucumber Salad Chocolate Ice Cream Milk

Pork Vegetable Stew Tossed Salad Assorted Salad Dressing **Biscuit** Chocolate Tart Milk

Breaded Veal Cutlet Lemon Herb Butter Sauce Sweet Potato Wedges Winter Vegetable Blend Dinner Roll or Bread Coconut Cream Pie Milk



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