

Sioux Center Health

Garden Café Spring/Summer

Regular/No Added Salt

Week 1

<b>Sunday</b> 8-Jan	<b>Monday</b> 9-Jan	<b>Tuesday</b> 10-Jan	<b>Wednesday</b> 11-Jan	<b>Thursday</b> 12-Jan	<b>Friday</b> 13-Jan	<b>Saturday</b> 14-Jan
<b>Breakfast</b>						
Juice of Choice Cereal of Choice Fresh Fruit Scrambled Eggs Cinnamon Roll Coffee or Hot Tea Hashbrowns Sausage Patty	Juice of Choice Cereal of Choice Fresh Fruit Fried Egg Pancakes Margarine & Syrup Coffee or Hot Tea Hashbrowns Bacon	Juice of Choice Cereal of Choice Fresh Fruit Scrambled Eggs English Muffin Margarine & Jelly Coffee or Hot Tea Hashbrowns Ham Patty	Juice of Choice Cereal of Choice Fresh Fruit Western Omelet Milk Coffee or Hot Tea Hashbrowns Sausage Link	Juice of Choice Cereal of Choice Fresh Fruit Egg Biscuit Margarine & Jelly Coffee or Hot Tea Hashbrowns Sausage Gravy	Juice of Choice Cereal of Choice Fresh Fruit Fried Egg French Toast Coffee or Hot Tea Hashbrowns Bacon	Juice of Choice Cereal of Choice Fresh Fruit Scrambled Eggs Waffle Coffee or Hot Tea Hashbrowns Sausage Patty
<b>Lunch</b>						
Swiss Steak with Gravy Mashed Potatoes Sliced Carrots Pie Beverage of Choice	Smoke Pulled Pork on Bun Potato Salad Whole Kernel Corn Pineapple Tidbits Beverage of Choice Beef Lasagna Soup	Breaded Pork Chop Mashed Red Skin Potatoes Broccoli Cuts Scotchardoo Bar Beverage of Choice California Medley Soup	Meatloaf Baked Potato Mixed Vegetables Wheat Dinner Roll Apple Crisp Beverage of Choice Cream of Potato	Taco Bar Spanish Rice  Fire Roasted Corn & Black Beans Sauteed Peppers & Onions Beverage of Choice Rice Crunchie Treat Bar Chicken Cheese Tortilla Soup	Fish Sandwich Potato Wedges Creamy Coleslaw Mandarin Oranges Beverage of Choice Chicken Noodle Soup	Swedish Meatballs Egg Noodles Scandinavian Veg Blend Fruit Cup Beverage of Choice
Marinated Chicken	Beef Fajita Spanish Rice	Chicago Dogs	Seasoned Chicken Breast	Chicken Bacon Swiss	Aaron's Ribs	
<b>Dinner</b>						
Ham Salad Sandwich Tossed Salad with Dressing Strawberries and Bananas Beverage of Choice	Teriyaki Chicken Rice Pilaf Green Beans Whole Wheat Dinner Roll Best Ever Cake Beverage of Choice	Lasagna with Meatsauce Italian Vegetable Blend Garlic Bread Ice Cream Beverage of Choice	Hamburger on a Bun Creamy Coleslaw French Fries Fresh Fruit Cup Beverage of Choice	Chicken Salad on Croissant Cataline Vegetable Blend Pears Beverage of Choice	Chicken Alfredo Steamed Asparagus Breadstick Peaches Beverage of Choice	Lavarn on a Bun Malibu Vegetable Blend Sun Chips Pineapple Beverage of Choice