

***Spring Summer 2023 Tier 1 Menu - CEC Ryan McCoy

Week 1

Regular/NAS (Level 7)

Meal Category	Sunday (04/02/2023)	Monday (04/03/2023)	Tuesday (04/04/2023)	Wednesday (04/05/2023)	Thursday (04/06/2023)	Friday (04/07/2023)	Saturday (04/08/2023)
Breakfast							
Fruit 1		Banana - IDDSI PU4		EC7 Diced Pears		SB6 Peaches	
Cereal 1	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614
Entrée 1	Hard Poached Eggs	Scrambled Eggs	Free Range Eggs	Scrambled Eggs	Pancakes	Scrambled Eggs	Cinnamon French Toast
Breakfast Meat 1	Turkey Sausage Patty				Turkey Sausage Patty		Grilled Ham
Bread / Roll 1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1
Lunch							
Soup 1	SR Six Bean Soup 5689	Pepper Pot Soup 5538	Chicken Orzo Soup 5016	Tomato Eggplant Soup 42037	SR Black Bean Soup 4870	SR Potato Leek Soup 5571	SR Fire Roasted Corn Soup 5223
Entrée 1	FR Rotisserie Chicken 1475.1	Baked Tilapia 4803.6	Vegetarian Lasagna 843	Swedish Meatballs 362	BBQ Chicken 66918.2	Baked Fish with Cherry Tomatoes 7766.13	Salisbury Steak 343
Gravy/Sauce 1		Sauce, Tartar, 12gm 19478				Sauce, Tartar, 12gm 19478	
Starch 1	Roasted Sweet Potato 5622	Rice Pilaf, Carrot, Celery 20494.0	Garlic Sticks 4520	Buttered Egg Noodles 75542.2	Macaroni Salad 5406	Baked Potato 552.6	Sour Cream and Chive Mashed Potatoes 70200
Vegetable 1	Brussels and Pearl Onion 5270	Broccoli 1274	Tossed Salad 7	Yellow Squash with Red Pepper 5664	Dill Carrots 1512	Sauteed Spinach 8621	Southern Style Green Beans 497.4
Bread / Roll 1						Whole Wheat Dinner Roll 74447	
Dessert 1	Chocolate Chip Cookies 3327	Yellow Cake, no icing 235	Banana Parfait 8104.6	Sugar Cookie 4736	Warm Pear Cobbler 6907	Chocolate Pudding 6193	White Cake with Vanilla Icing 5882
Dinner							
Soup 1	SR Six Bean Soup 5689	Pepper Pot Soup 5538	Chicken Orzo Soup 5016	Tomato Eggplant Soup 42037	SR Black Bean Soup 4870	SR Potato Leek Soup 5571	SR Fire Roasted Corn Soup 5223
Entrée 1	Braised Beef Pot Roast 63831.7	Turkey Salad Sandwich 7988	Grilled Chicken Wrap 4414.7	Cheese Ravioli with Alfredo Sauce 41401.3	Egg Salad Croissant 5209	Chicken Caesar Salad 3922	Garlic Herb Baked Chicken 4651
Vegetable 1	Country Style Green Beans	Sliced Watermelon	Broccoli Salad	Tossed Salad	Coleslaw	Four Bean Salad	Whole Kernel Corn
Starch 1	Mashed Potatoes 550.42	Parmesan Potato Wedges 107712	Pasta Salad 23952.3	Garlic Sticks 4539	Bistro Chips 18733	Pasta Salad 898	SR Bowtie Pasta 3898.1
Bread / Roll 1	Garlic Bread 5261					Garlic Bread 5261	
Dessert 1	Blueberry Loaf with Vanilla Glaze 25098.1	Warm Double Chocolate Brownies 4937.11	Fruit Compote 5250	Snickerdoodles 5691	Cubed Watermelon 88	Oatmeal Raisin Cookie 36784.17	Vanilla Loaf with Oat Streusel 35029

Bold indicates a main/non-select item

Italics indicates a non-main item

***Spring Summer 2023 Tier 1 Menu - CEC Ryan McCoy

Week 2

Regular/NAS (Level 7)

Meal Category	Sunday (04/09/2023)	Monday (04/10/2023)	Tuesday (04/11/2023)	Wednesday (04/12/2023)	Thursday (04/13/2023)	Friday (04/14/2023)	Saturday (04/15/2023)
Breakfast							
Fruit 1	EC7 Diced Pears 1107	Banana - IDDSI PU4 1000		EC7 Diced Pears 1107	Banana - IDDSI PU4 1000	SB6 Peaches 1000	EC7 Diced Pears 1107
Cereal 1	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614
Entrée 1	Hard Poached Eggs	Scrambled Eggs	Free Range Eggs	Scrambled Eggs	Pancakes	Scrambled Eggs	Cinnamon French Toast
Breakfast Meat 1	Turkey Sausage Patty 5828.2				Turkey Sausage Patty 5828.2		Grilled Ham 4547
Bread / Roll 1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1
Lunch							
Soup 1	<i>Chicken Tamale soup</i> 1007	<i>Five Onion Soup</i> 5000	<i>Italian Pasta and Bean Soup</i> 2017	<i>Tomato Florentine Soup</i> 1000	<i>Beef Noodle Soup</i> 1000	<i>Minestrone Soup</i> 1505	<i>Puree Vermont Cheese Soup</i> 1000
Entrée 1	Dijon Herb Crusted Fish 20764.5	Baked Beef Ziti 15915.6	Swiss Steak with Tomato Gravy 803.2	Baked Chicken Tenders 6796.1	Barbecued Pork Loin 468	Stuffed Bell Pepper 5741	Lemon Rosemary Chicken Thigh 16856.71
Gravy/Sauce 1	Sauce, Tartar, 12gm 19478					Sauce, Tartar, 12gm 19478	
Starch 1	Red Potatoes 579	Garlic Breadstick 5000	Mashed Potatoes 5000	Baked Sweet Potato 1207	Baked Beans w/ Onions & Brown Sugar 5054	Rosemary Roasted Potato 5644	Northern Beans 5004.4
Vegetable 1	SR Fresh Steamed Carrots 1003.5	Tossed Salad 7	Roasted Yellow Squash, Herbs, Garlic 21268.12	Steamed Broccoli 1011.9	Fresh Green Beans 21254.2	Green Peas 1101	Creamed Spinach 5004
Bread / Roll 1	Dinner Roll 5494						Dinner Roll 5494
Dessert 1	Oatmeal Raisin Cookie 34040.4	Rice Krispie Treat 5648	Lemon Bar 2670	Double Chocolate Chip Cookies 1100.5	Vanilla Pudding 6678	Lemon Pudding 5287.4	Strawberry Pie 10044
Dinner							
Soup 1	Chicken Tamale soup 13357	Five Onion Soup 5226.3	Italian Pasta and Bean Soup 3347	Tomato Florentine Soup 67038	Beef Noodle Soup 1969	Minestrone Soup 1535	Puree Vermont Cheese Soup 1579
Entrée 1	Grilled Bratwurst 54513.2	Turkey Bacon Club Wrap 32046.6	Quesadilla with Beans and Cheese 3368	Beef Lasagna 75420	Ham Salad Sandwich on Rye 1549	Cheese Pizza 4970	Tuna and Noodle Casserole 453.12
Gravy/Sauce 1	Sauteed Onions 5661						
Vegetable 1	Broccoli and Tomatoes 1000	Dilled Cucumber Salad 5000	Grilled Zucchini & Squash 5000	Tossed Salad 7	No Added Salt Carrot and Raisin Salad 1000	Caesar Salad 5000	Green Peas with Onion 1000
Starch 1	Spaetzles 5704	Loaded Potato Salad 34989.1	Spanish Rice 999.8	Garlic Bread 5261	Bistro Chips 18733		Buttermilk Biscuit 43172
Bread / Roll 1						Dinner Roll	
Dessert 1	Chocolate Cake 9073	Banana Cream Pie 48531	Mandarin Orange Sections 1100	Warm Pear Cobbler 6907	Chocolate Chip Loaf, Espresso Glaze 35000	Lemon Poppy Seed Loaf, Lemon Glaze 35011	Lemon Poppy Seed Loaf, Lemon Glaze 35011

Bold indicates a main/non-select item
Italics indicates a non-main item

***Spring Summer 2023 Tier 1 Menu - CEC Ryan McCoy

Week 3

Regular/NAS (Level 7)

Meal Category	Sunday (04/16/2023)	Monday (04/17/2023)	Tuesday (04/18/2023)	Wednesday (04/19/2023)	Thursday (04/20/2023)	Friday (04/21/2023)	Saturday (04/22/2023)
Breakfast							
Fruit 1	EC7 Diced Pears 1107	Banana - IDDSI PU4 1000	SB6 Peaches 1000	EC7 Diced Pears 1107			
Cereal 1	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614
Entrée 1	Hard Poached Eggs 5007	Scrambled Eggs 5000	Free Range Eggs 5000	Scrambled Eggs 5000	Pancakes 616	Scrambled Eggs 5000	Cinnamon French Toast 111711
Breakfast Meat 1	Turkey Sausage Patty 5000				Turkey Sausage Patty 5000		Grilled Ham 5000
Bread / Roll 1	Wheat Toast 1120.1	Wheat Toast 1120.1	Wheat Toast 1120.1	Wheat Toast 1120.1	Wheat Toast 1120.1	Wheat Toast 1120.1	Wheat Toast 1120.1
Lunch							
Soup 1	<i>Greek Chicken Soup</i> 3500	<i>Vegetable Rice Soup</i> 5802	<i>Cream of Mushroom Soup</i> 309	<i>Minestrone Soup</i> 1535.4	<i>Pinto Bean Stew</i> 85323	<i>Asian Garden Soup</i> 4784	<i>Pasta Fagioli</i> 15581
Entrée 1	Chopped Steak 2033	BBQ Chicken Breast 33125.1	Sweet Italian Sausage 36686	Manicotti with Marinara 716	Deluxe Hamburger 1149	Crunchy Baked Fish 6795.2	Marinated Chicken Teriyaki 10804
Gravy/Sauce 1	Beef Gravy with Mushrooms 1217						
Starch 1	Mashed Potatoes	Seasoned Pinto Beans	Lemon Orzo		Tater Tots	Sweet Potato Wedges	White Rice
Vegetable 1	Fresh Green Beans 5000	Zucchini and Summer Squash (steamed) 5000	Roasted Brussels Sprouts 7521.5	SR Seasoned Peas and Pearl Onions 5070.0	Steamed Broccoli 35001	Parmesan Tomatoes 701	Sugar Snap Peas 5715
Bread / Roll 1	Dinner Roll 2246		Dinner Roll 2246	Garlic Toast 1221		Garlic Toast 1221	Dinner Roll 2246
Dessert 1	Peanut Butter Cookie	Pound Cake with Strawberry Sauce	Citrus Gelatin with Mixed Fruit	Chocolate Pudding Parfait	Chocolate Chip Cookies	Brownies w/Caramel	Butterscotch Parfait
Dinner							
Soup 1	Greek Chicken Soup	Vegetable Rice Soup	Cream of Mushroom Soup	Minestrone Soup	Pinto Bean Stew	Asian Garden Soup	Pasta Fagioli
Entrée 1	Beef Stuffed Cabbage	Chicken Parmesan Sub	Taco Salad	Turkey and Swiss Wrap	Sloppy Joe Sandwich	Chicken Salad and Fruit	BBQ Pulled Pork
Vegetable 1	Zucchini & Yellow Squash 20571.7	Spinach Side Salad 10		Tomato and Cucumber Salad 7022	Whole Kernel Corn 522		Coleslaw 6710
Starch 1		Pasta Salad	Black Bean and Corn Salad	Roasted Sweet Potato Salad	Tater Tots	White Pita Bread	Baked Beans w/ Onions & Brown
Bread / Roll 1			Dinner Roll 2246				
Dessert 1	Blueberry Bliss Bundt Cake 20010.0	Orange Gelatin with Mandarin Oranges 1000	Dessert Beignet. 110001	Chocolate Chip Cookies 5007	Sliced Watermelon 100100	Warm Double Chocolate Brownies 1007.11	Strawberry Cake 5005

Bold indicates a main/non-select item
Italics indicates a non-main item

***Spring Summer 2023 Tier 1 Menu - CEC Ryan McCoy

Week 4

Regular/NAS (Level 7)

Meal Category	Sunday (04/23/2023)	Monday (04/24/2023)	Tuesday (04/25/2023)	Wednesday (04/26/2023)	Thursday (04/27/2023)	Friday (04/28/2023)	Saturday (04/29/2023)
Breakfast							
Fruit 1	EC7 Diced Pears 1137	Banana - IDDSI PU4 40362	SB6 Peaches 10335.9	EC7 Diced Pears 1137		SB6 Peaches 10335.9	Banana - IDDSI PU4 40362
Cereal 1	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614	PU4, MM5, SB6 Cream of Wheat 610	Oatmeal 614
Entrée 1	Hard Poached Eggs 5307	Scrambled Eggs 2032	Free Range Eggs 5306	Scrambled Eggs 2032	Pancakes 616	Scrambled Eggs 2032	Cinnamon French Toast 134711
Breakfast Meat 1	Turkey Sausage Patty 5828.2				Turkey Sausage Patty 5828.2		Grilled Ham 4547
Bread / Roll 1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	Wheat Toast 1129.1	<i>Wheat Toast</i> 1129.1	Wheat Toast 1129.1	<i>Wheat Toast</i> 1129.1
Lunch							
Soup 1	<i>SR Cream of Celery Soup</i> 5116	<i>Ham, Black-Eyed Pea Soup</i> 123479.1	<i>Asian Garden Soup</i> 4784	<i>Chicken Rice Soup</i> 2383.3	<i>Navy Bean Soup</i> 1536	<i>Chicken, Vegetable, Couscous Soup</i> 77604	<i>Cream of Carrot Soup</i> 5112
Entrée 1	Ham with Brown Sugar Glaze 723	Tomato Braised Chicken Thighs 25342	Eggplant Parmesan 35007	Finely Chopped Garlic Herb Pork Loin 40330.17	Smoked Sausage 84777.3	Baked Fish Sandwich 6705.6	Country Fried Steak 110108
Gravy/Sauce 1						Tartar Sauce 427	
Starch 1	Baked Sweet Potato 1307.6	SR Garden Rice 5259.3	Penne Pasta 12946.2	SR Couscous 5091.2	Baked Potatoes 553.2	Bistro Chips 18733	Mashed Potatoes 550.42
Vegetable 1	Steamed Carrots 2220	Roasted Vegetables 4475	SR Corn, Red Pepper and Green Beans 5000.2	EC7 Sautéed Zucchini 4000	Braised Cabbage 4000	SR Coleslaw 600	SR Sugar Snap Peas 6745.5
Bread / Roll 1	Dinner Roll 2246			Dinner Roll 2246			
Dessert 1	Apple Cobbler 41067.8	Peaches and Cream Gelatin 59.1	Peanut Butter Cookies 1449	Butterscotch Pudding 11661	Marble Cake 5414	EC7 Diced Pears 1137	Chocolate Frosted Cake 5038
Dinner							
Soup 1	SR Cream of Celery Soup 5116	Ham, Black-Eyed Pea Soup 123479.1	Asian Garden Soup 4784	Chicken Rice Soup 2383.3	Navy Bean Soup 1536	Chicken, Vegetable, Couscous Soup 77604	Cream of Carrot Soup 5112
Entrée 1	Meatball Parmesan Sub 15994	Chili Dog 35406.2	Chicken Sandwich 38332	Tuna Salad Plate 33871	Chicken Caesar Salad 3922	Not Your Average Ham & Swiss 140728	Barbecue Chicken Wrap 16053.2
Vegetable 1	Zucchini, Squash, Herbs, Garlic 24000.0	Coleslaw 2500.0	Lettuce and Tomato 24000.0	Cucumber Slices and Celery Sticks 5500.0	Sliced Watermelon 5000.0	Marinated Tomato Salad 5000.0	Green Pea Salad 5000.0
Starch 1		French Fries 8414	Noodle Salad 19263	Breadstick with Mamas Blessing 74950	Orzo Pasta Salad 130538	Bistro Chips 18733	Red Potato Salad 6525
Dessert 1	Oatmeal Raisin Cookie 74040.4	Raspberry Sherbet 20040.0	Chocolate Mousse 6404.0	Lemon Pound Cake 6204.0	Ginger Pear Bread 22040.0	Ice Cream, Chocolate, 4 oz, Hershey 145750.0	Coconut Key Lime Cupcake 22040.0

Bold indicates a main/non-select item
Italics indicates a non-main item