

**US Foods**

**Menu Press - Cycle I, 2022**

**Regular/No Added Salt**

**Week 1**

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|--|---|---|---|--|
| Feb-13, Mar-13, Apr-10, May-08, Jun-05, Jul-03, Jul-31, Aug-28   | Feb-14, Mar-14, Apr-11, May-09, Jun-06, Jul-04, Aug-01, Aug-29   | Feb-15, Mar-15, Apr-12, May-10, Jun-07, Jul-05, Aug-02, Aug-30   | Feb-16, Mar-16, Apr-13, May-11, Jun-08, Jul-06, Aug-03, Aug-31  | Feb-17, Mar-17, Apr-14, May-12, Jun-09, Jul-07, Aug-04, Sep-01  | Feb-18, Mar-18, Apr-15, May-13, Jun-10, Jul-08, Aug-05, Sep-02  | Feb-19, Mar-19, Apr-16, May-14, Jun-11, Jul-09, Aug-06, Sep-03   |
| <b>Breakfast</b>   |  |  |   |   |   |  |
| Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>French Toast<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                                | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg Bacon and Cheese On<br>Wheat English Muffin<br>Milk<br>Coffee or Hot Tea   | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea                                     | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Sausage Links<br>Pancakes<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                   | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Breakfast Bake<br>Raisin Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea                                      | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Fruit Muffin<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea                         | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Bacon<br>Coffee Cake<br>Milk<br>Coffee or Hot Tea   |
| <b>Lunch</b>   |  |  |   |   |   |  |
| Roast Beef Au Jus<br>Cheesy Potatoes<br>Orange Glazed Carrots<br>Wheat Dinner Roll or Bread<br>Margarine<br>Banana Cream Pie<br>Milk<br>Beverage of Choice | Garlic Herb Pork Loin<br>Green Peas<br>Roasted Cauliflower<br>Wheat Dinner Roll or Bread<br>Margarine<br>Mandarin Oranges with Toasted Coconut<br>Milk<br>Beverage of Choice | Rotisserie Style Turkey<br>Bread Dressing<br>Brussels Sprouts<br>Wheat Dinner Roll or Bread<br>Margarine<br>Chocolate Eclair Bar<br>Milk<br>Beverage of Choice | Braised Beef<br>Parslied Mashed Potatoes<br>Whole Green Beans<br>Wheat Dinner Roll or Bread<br>Margarine<br>Berry Cup<br>Milk<br>Beverage of Choice | Pineapple Chicken<br>Fried Rice<br>Stir Fry Vegetable Blend<br>Egg Roll<br>German Chocolate Cake<br>Milk<br>Beverage of Choice  | Baked Fish with Paprika<br>Lemon & Herb Penne<br>Asparagus<br>Wheat Dinner Roll or Bread<br>Margarine<br>Sugar Cookie<br>Milk<br>Beverage of Choice | Four Cheese Lasagna<br>Italian Green Beans<br>Breadstick<br>Margarine<br>Fruit Salad<br>Milk<br>Beverage of Choice                                       |
| <b>Dinner</b>  |  |  |   |   |   |  |
| Cobb Salad<br>Assorted Salad Dressing<br>Pasta Salad<br>Wheat Dinner Roll or Bread<br>Margarine<br>Tropical Fruit Dream<br>Milk<br>Beverage of Choice      | Tomato Bisque<br>Saltine Crackers<br>Grilled Two Cheese Sandwich<br>Capri Vegetable Blend<br>Orange Sherbet<br>Milk<br>Beverage of Choice                                    | Fish Tacos<br>Black Bean & Corn Salad<br>Fajita Vegetable Blend<br>Melon Cubes<br>Milk<br>Beverage of Choice   | Ham Croquette<br>Macaroni & Cheese<br>Greens<br>Wheat Dinner Roll or Bread<br>Margarine<br>Tapioca Pudding<br>Milk<br>Beverage of Choice            | Salisbury Steak with Peppers & Gravy<br>Duchess Potatoes<br>Sauteed Mushrooms<br>Wheat Dinner Roll or Bread<br>Margarine<br>Rosy Apple Slices<br>Milk<br>Beverage of Choice | Reuben Sandwich<br>Onion Rings<br>Broccoli Salad<br>Red Seedless Grapes<br>Milk<br>Beverage of Choice   | Kielbasa Sausage<br>Baked Potato Pancakes<br>Beets Medley<br>Wheat Dinner Roll or Bread<br>Margarine<br>Assorted Ice Cream<br>Milk<br>Beverage of Choice |
| <b>HS Snack</b>  |  |  |   |   |   |  |
| Snack of the Day   | Snack of the Day   | Snack of the Day   | Snack of the Day  | Snack of the Day  | Snack of the Day  | Snack of the Day   |

**US Foods**

**Menu Press - Cycle I, 2022**

**Regular/No Added Salt**

**Week 2**

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--|--|--|--|---|---|--|
| Feb-20, Mar-20, Apr-17, May-15, Jun-12, Jul-10, Aug-07, Sep-04   | Feb-21, Mar-21, Apr-18, May-16, Jun-13, Jul-11, Aug-08, Sep-05   | Feb-22, Mar-22, Apr-19, May-17, Jun-14, Jul-12, Aug-09, Sep-06   | Feb-23, Mar-23, Apr-20, May-18, Jun-15, Jul-13, Aug-10, Sep-07   | Feb-24, Mar-24, Apr-21, May-19, Jun-16, Jul-14, Aug-11, Sep-08  | Feb-25, Mar-25, Apr-22, May-20, Jun-17, Jul-15, Aug-12, Sep-09  | Feb-26, Mar-26, Apr-23, May-21, Jun-18, Jul-16, Aug-13, Sep-10   |
| <b>Breakfast</b>   |  |  |  |   |   |  |
| Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Biscuit<br>Sausage Gravy<br>Milk<br>Coffee or Hot Tea   | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Cheddar Egg Bake<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Hashbrown Patty<br>Cinnamon Wheat Toast<br>Milk<br>Coffee or Hot Tea              | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Sausage Links<br>French Toast<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Vegetable Omelet<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Bacon<br>Waffle<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                            | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea   |
| <b>Lunch</b>   |  |  |  |   |   |  |
| Honey Glazed Turkey<br>Whipped Sweet Potatoes<br>Savory Spinach<br>Wheat Dinner Roll or Bread<br>Margarine<br>Lemon Pound Cake<br>Milk<br>Beverage of Choice | Baked Veal Cutlet<br>Creamy Dill Sauce<br>Bow Tie Pasta<br>Roasted Brussels Sprouts<br>Wheat Dinner Roll or Bread<br>Margarine<br>Blushing Pears<br>Milk<br>Beverage of Choice | Apple Ginger Pork Chop<br>Seasoned Beans<br>Zucchini<br>Wheat Dinner Roll or Bread<br>Margarine<br>Peach Cobbler<br>Milk<br>Beverage of Choice | Braised Stew Beef Tips with Gravy<br>Brown Rice<br>Broccoli Florets<br>Wheat Dinner Roll or Bread<br>Margarine<br>Ambrosia<br>Milk<br>Beverage of Choice                       | Glazed Baked Ham<br>Black-Eyed Peas<br>Greens<br>Cornbread<br>Margarine<br>Cinnamon Apple Slices<br>Milk<br>Beverage of Choice          | Fish Kiev<br>Garlic Roasted Potato Wedges<br>Calico Cabbage<br>Wheat Dinner Roll or Bread<br>Margarine<br>Chocolate Brownie<br>Milk<br>Beverage of Choice | Chopped Steak<br>Onion & Mushroom Gravy<br>Mashed Potato Casserole<br>Multi-Color Cauliflower<br>Wheat Dinner Roll or Bread<br>Margarine<br>White Cake with Chocolate Frosting<br>Milk<br>Beverage of Choice |
| <b>Dinner</b>  |  |  |  |   |   |  |
| Cheese Enchiladas<br>Sour Cream<br>Fiesta Rice<br>Pico de Gallo<br>Strawberry Parfait<br>Milk<br>Beverage of Choice  | Breaded Fish Fillet<br>Tartar Sauce<br>French Fries<br>Garden Salad with Dressing<br>Wheat Dinner Roll or Bread<br>Margarine<br>Orange Sherbet<br>Milk<br>Beverage of Choice   | Corn Chowder<br>Saltine Crackers<br>Veggie Wrap<br>Creamy Pasta Salad<br>Marinated Carrot Salad<br>Fruit Cup<br>Milk<br>Beverage of Choice     | Chef Salad with Grilled Chicken<br>Assorted Salad Dressing<br>Red Skin Potato Salad<br>Breadstick<br>Margarine<br>Cheesecake with Cherry Topping<br>Milk<br>Beverage of Choice | Mushroom & Swiss Cheese<br>Hamburger<br>Lettuce Tomato Onion & Pickle<br>Tater Tots<br>Ice Cream Sundae<br>Milk<br>Beverage of Choice   | Baked Turkey Breast<br>Noodles Romanoff<br>Herbed Green Beans<br>Wheat Dinner Roll or Bread<br>Margarine<br>Mango Cup<br>Milk<br>Beverage of Choice       | Sweet & Sour Pork<br>Steamed Rice<br>Oriental Vegetable Blend<br>Wheat Dinner Roll or Bread<br>Margarine<br>Pineapple Fluff Gelatin<br>Milk<br>Beverage of Choice  |
| <b>HS Snack</b>  |  |  |  |   |   |  |
| Snack of the Day   | Snack of the Day   | Snack of the Day   | Snack of the Day   | Snack of the Day  | Snack of the Day  | Snack of the Day   |

**US Foods**

**Menu Press - Cycle I, 2022**

**Regular/No Added Salt**

**Week 3**

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|---|--|--|---|---|---|--|
| Feb-27, Mar-27, Apr-24, May-22, Jun-19, Jul-17, Aug-14, Sep-11  | Feb-28, Mar-28, Apr-25, May-23, Jun-20, Jul-18, Aug-15, Sep-12   | Mar-01, Mar-29, Apr-26, May-24, Jun-21, Jul-19, Aug-16, Sep-13   | Mar-02, Mar-30, Apr-27, May-25, Jun-22, Jul-20, Aug-17, Sep-14  | Mar-03, Mar-31, Apr-28, May-26, Jun-23, Jul-21, Aug-18, Sep-15  | Mar-04, Apr-01, Apr-29, May-27, Jun-24, Jul-22, Aug-19, Sep-16  | Mar-05, Apr-02, Apr-30, May-28, Jun-25, Jul-23, Aug-20, Sep-17   |
| <b>Breakfast</b>  |  |  |   |   |   |  |
| Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg & Sausage Bake<br>Coffee Cake<br>Milk<br>Coffee or Hot Tea                            | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Bacon<br>French Toast<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea   | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Scrambled Egg with Cheese<br>Raisin Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea              | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Biscuit<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Breakfast Burrito<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Wheat English Muffin<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea       | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Sausage Links<br>Pancakes<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                          |
| <b>Lunch</b>  |  |  |   |   |   |  |
| Marinated Chicken<br>Parmesan Basil Orzo<br>Baby Carrots<br>Wheat Dinner Roll or Bread<br>Margarine<br>Pear Crisp<br>Milk<br>Beverage of Choice | Swiss Steak with Tomatoes<br>Parslied Potatoes<br>Prince Edward Veg Blend<br>Wheat Dinner Roll or Bread<br>Margarine<br>Daffodil Angel Food Cake<br>Milk<br>Beverage of Choice | Herb & Lemon Fish<br>Mashed Garlic Cauliflower<br>Squash Medley<br>Wheat Dinner Roll or Bread<br>Margarine<br>Assorted Ice Cream<br>Milk<br>Beverage of Choice | Roast Turkey<br>Bread Dressing with Gravy<br>Asparagus Spears<br>Wheat Dinner Roll or Bread<br>Margarine<br>Blueberries & Peaches<br>Milk<br>Beverage of Choice | BBQ Beef Brisket<br>Sweet Potato Wedges<br>Succotash<br>Cornbread<br>Margarine<br>Oatmeal Raisin Cookie<br>Milk<br>Beverage of Choice                   | Blackened Fish<br>Fried Corn<br>Calico Coleslaw<br>Wheat Dinner Roll or Bread<br>Margarine<br>Fruit Parfait<br>Milk<br>Beverage of Choice | Beef with Roasted Vegetables<br>Rissole Potatoes<br>Wheat Dinner Roll or Bread<br>Margarine<br>Strawberries Romanoff<br>Milk<br>Beverage of Choice         |
| <b>Dinner</b>   |  |  |   |   |   |  |
| Italian Beef Sandwich<br>Mixed Waffle Fries<br>Sauteed Peppers & Onions<br>Rocky Road Pudding<br>Milk<br>Beverage of Choice                     | Broccoli & Cheese Souffle<br>Garden Blend Rice<br>Herb Roasted Tomatoes<br>Wheat Dinner Roll or Bread<br>Margarine<br>Apricot Fluff<br>Milk<br>Beverage of Choice              | Zesty Bean Soup<br>Saltine Crackers<br>Ham & Cheese on a Croissant<br>Sour Cream Cucumber Salad<br>Hawaiian Fruit Cup<br>Milk<br>Beverage of Choice            | Vegetable Pasta Primavera<br>Spring Mix with Dressing<br>Garlic Parmesan Bread<br>Chocolate Chip Bar<br>Milk<br>Beverage of Choice                              | Stuffed Tomato w/ Turkey Salad<br>Tri-Color Pasta Salad<br>Wheat Dinner Roll or Bread<br>Margarine<br>Red Seedless Grapes<br>Milk<br>Beverage of Choice | Chicken Club Sandwich<br>Onion Rings<br>Steamed Vegetables<br>Chocolate Tart<br>Milk<br>Beverage of Choice                                | Braised Pork Tips<br>Rice Pilaf<br>Honey Dijon Brussels Sprouts<br>Wheat Dinner Roll or Bread<br>Margarine<br>Orange Sherbet<br>Milk<br>Beverage of Choice |
| <b>HS Snack</b>   |  |  |   |   |   |  |
| Snack of the Day  | Snack of the Day   | Snack of the Day   | Snack of the Day  | Snack of the Day  | Snack of the Day  | Snack of the Day   |

**US Foods**

**Menu Press - Cycle I, 2022**

**Regular/No Added Salt**

**Week 4**

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|--|---|---|---|---|
| Mar-06, Apr-03, May-01, May-29, Jun-26, Jul-24, Aug-21, Sep-18  | Mar-07, Apr-04, May-02, May-30, Jun-27, Jul-25, Aug-22, Sep-19  | Mar-08, Apr-05, May-03, May-31, Jun-28, Jul-26, Aug-23, Sep-20   | Mar-09, Apr-06, May-04, Jun-01, Jun-29, Jul-27, Aug-24, Sep-21  | Mar-10, Apr-07, May-05, Jun-02, Jun-30, Jul-28, Aug-25, Sep-22  | Mar-11, Apr-08, May-06, Jun-03, Jul-01, Jul-29, Aug-26, Sep-23  | Mar-12, Apr-09, May-07, Jun-04, Jul-02, Jul-30, Aug-27, Sep-24  |
| <b>Breakfast</b>  |   |  |   |   |   |   |
| Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Western Omelet<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg & Cheese on<br>Wheat English Muffin<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Sausage Links<br>Waffle<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                      | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg & Hashbrown Casserole<br>Cinnamon Wheat Toast<br>Milk<br>Coffee or Hot Tea  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Scrambled Egg with Onions<br>Biscuit<br>Sausage Gravy<br>Milk<br>Coffee or Hot Tea                      | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Bacon<br>French Toast<br>Margarine & Syrup<br>Milk<br>Coffee or Hot Tea                                  | Juice of Choice<br>Cereal of Choice<br>Fresh Fruit<br>Egg<br>Wheat Toast<br>Margarine & Jelly<br>Milk<br>Coffee or Hot Tea                                |
| <b>Lunch</b>  |   |  |   |   |   |   |
| Chicken Vesuvio<br>Peas & Pearl Onions<br>Wheat Dinner Roll or Bread<br>Margarine<br>Coconut Cream Cake<br>Milk<br>Beverage of Choice | Breaded Shrimp<br>Cocktail Sauce<br>Macaroni & Cheese<br>Broccoli Florets<br>Wheat Dinner Roll or Bread<br>Margarine<br>Pineapple and Bananas<br>Milk<br>Beverage of Choice | Pot Roast<br>Oven Browned Potatoes<br>Sauteed Carrots & Celery<br>Wheat Dinner Roll or Bread<br>Margarine<br>Apple Pie<br>Milk<br>Beverage of Choice | Roast Turkey Diane<br>Egg Noodles<br>Herbed Green Beans<br>Wheat Dinner Roll or Bread<br>Margarine<br>Melon Cubes<br>Milk<br>Beverage of Choice                             | Ham Steak<br>Cream Cheese Corn<br>Brussels Sprouts Medley<br>Wheat Dinner Roll or Bread<br>Margarine<br>Chocolate Tango Pudding<br>Milk<br>Beverage of Choice | Baked Herb Fish<br>Roasted Red Skin Potatoes<br>California Vegetable Blend<br>Wheat Dinner Roll or Bread<br>Margarine<br>Orange Sherbet<br>Milk<br>Beverage of Choice | Baked Chicken<br>Cornbread Dressing<br>Spinach<br>Wheat Dinner Roll or Bread<br>Margarine<br>Apricot Parfait<br>Milk<br>Beverage of Choice                |
| <b>Dinner</b>   |   |  |   |   |   |   |
| Baked Ziti with Cheese<br>Spinach Salad w/ Dressing<br>Garlic Bread<br>Fruit Mix<br>Milk<br>Beverage of Choice                        | Pork Carnitas<br>Refried Beans<br>Cilantro Tomato Corn Salad<br>Flour Tortilla<br>Churros<br>Milk<br>Beverage of Choice   | Thin Crust Cheese Pizza<br>Garden Salad with Dressing<br>Breadstick<br>Marinara Sauce for Dipping<br>Mandarin Oranges<br>Milk<br>Beverage of Choice  | Chicken & Bacon Salad<br>Assorted Salad Dressing<br>Marinated Cucumber Salad<br>Wheat Dinner Roll or Bread<br>Margarine<br>Assorted Ice Cream<br>Milk<br>Beverage of Choice | Pasta Fagioli Soup<br>Saltine Crackers<br>Deli Sandwich<br>Creamy Vegetable Salad<br>Red White & Blueberry Fruit Salad<br>Milk<br>Beverage of Choice          | Breaded Pork Chop<br>Confetti Rice<br>Butter Beans<br>Wheat Dinner Roll or Bread<br>Margarine<br>Peaches & Cream Gelatin Dessert<br>Milk<br>Beverage of Choice        | Corned Beef<br>Boiled New Potatoes<br>German Red Cabbage<br>Wheat Dinner Roll or Bread<br>Margarine<br>Snickerdoodle Cookie<br>Milk<br>Beverage of Choice |
| <b>HS Snack</b>   |   |  |   |   |   |   |
| Snack of the Day  | Snack of the Day  | Snack of the Day   | Snack of the Day  | Snack of the Day  | Snack of the Day  | Snack of the Day  |