

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1 Cereal (wg) & banana Lunch Italian wedding soup, crackers, roll & fruit Snack Carrots, ranch & milk	Breakfast 2 French toast, banana & toast (wg) Lunch Chicken & stuffing casserole, vegetables & fruit Snack Yogurt & granola	Breakfast 3 Sausage gravy, biscuit, fruit & toast (wg) Lunch Baked rigatoni, garlic bread & fruit Snack Bagel & cream cheese	Breakfast 4 Waffles, banana & toast (wg) Lunch BBQ pulled chicken sandwich, tots & coleslaw Snack Cereal bar & milk	Breakfast 5 Pancakes, fruit & toast (wg) Lunch Chicken nuggets, macaroni and cheese, & fruit Snack Rice cake & peanut butter
Breakfast 8 French toast, banana & toast (wg) Lunch Kielbasa, cabbage, noodles, bread & fruit. Snack Cottage cheese & fruit	Breakfast 9 Sausage gravy, biscuit, fruit & toast (wg) Lunch Chili soup, corn bread, crackers & fruit Snack Apples & peanut butter	Breakfast 10 Waffles, banana & toast (wg) Lunch Herb roasted pork, potatoes, fruit & bread Snack Cucumbers, ranch & milk	Breakfast 11 Pancakes, fruit & toast (wg) Lunch Chicken, broccoli & cheese rice & fruit Snack Yogurt & fruit	Breakfast 12 Egg frittata & toast (wg) Lunch Cheeseburger, tater tots & Fruit Snack Cheese & crackers
Breakfast 15 Cereal (wg) & banana Lunch Beef mac & cheese, mixed veggies & fruit Snack Cereal bar & milk	Breakfast 16 French toast, banana & toast (wg) Lunch Bratwurst, potato salad & fruit Snack Rice cake & peanut butter	Breakfast 17 Sausage gravy, biscuit, fruit & toast (wg) Lunch Meatloaf, mashed potatoes, gravy & fruit Snack Carrots, ranch & milk	Breakfast 18 Waffles, banana & toast (wg) Lunch Chicken & noodles, fruit, green beans & roll Snack Yogurt & granola	Breakfast 19 Pancakes, fruit & toast (wg) Lunch Beef vegetable stew, corn bread, crackers & fruit Snack Bagel & cream cheese
Breakfast 22 Egg frittata & toast (wg) Lunch Spaghetti & meatballs, green beans, fruit & bread Snack Cheese & crackers	Breakfast 23 Cereal (wg) & banana Lunch Stuffed peppers, fruit, bread (wg) & butter Snack Cottage cheese & fruit	Breakfast 24 French toast, banana & toast (wg) Lunch Taco salad and fruit Snack Apples & peanut butter	Breakfast 25 Sausage gravy, biscuit, fruit & toast (wg) Lunch Ham, scalloped potatoes, fruit & roll Snack Cucumbers, ranch & milk	Breakfast 26 Waffles, banana & toast (wg) Lunch Salisbury steak, mashed potatoes, fruit & roll Snack Yogurt & fruit
Breakfast 29 Pancakes, fruit & toast (wg) Lunch Chicken salad sandwich, potato salad, fruit & pickles Snack Bagel & cream cheese	Breakfast 30 Egg frittata & toast (wg) Lunch Beef tips & noodles, mixed vegetables & fruit Snack Cereal bar & milk	 Gilcrest Center Care Delivered with Love and Respect		

Breakfast 7:00-10:00

Lunch 12:00-1:00

Snack 1:30

If a client misses a meal due to Gilcrest Transportation running behind, we will still serve the meal.

Measurements

BREAKFAST
Milk: 1 cup Fruit/Vegetables: 1/2 cup Grains or Meat/Meat Alternates: 2 oz. eq
LUNCH
Milk: 1 cup Meat/Meat Alternates: 2 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 2 oz.
SNACK
Milk: 1 cup Meat/Meat Alternates: 1 oz. Vegetables: 1/2 cup Fruit: 1/2 cup Grains: 1 oz.
1. Meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast.
2. oz eq = ounce equivalents (Once equivalencies for processed/combo and grain items are not to be mistaken for serving instructions.)
NOTE: 3/4 cup or 6 ounces of yogurt can be substituted for 8 ounces of milk once per day when it is not served as a meat alternate in the same meal.
Snacks: Select two from the following five components: milk; meat/meat alternative; vegetables; fruit; grains

Breakfast options - Scheduled meal, cereal & banana, oatmeal & banana, or toast & banana.

Lunch options - scheduled meal or peanutbutter and jelly sandwich. Side items will remain the same.

If you would like a substitute to any meal, please tell the kitchen staff when you arrive as soon as you arrive.