



	Sun 06-04-2017	Mon 06-05-2017	Tue 06-06-2017	Wed 06-07-2017	Thu 06-08-2017	Fri 06-09-2017	Sat 06-10-2017
B R K	Hot Cereal Raisins 100% Juice Whole Grain Toast	Blueberry Muffin Egg of Choice Fresh Fruit	Homemade Waffle Sausage Link 100% Juice	Sausage Country Gravy/Biscuits Fresh Fruit 100% Juice	Fried Egg Country Potatoes 100% Juice English Muffin	French Toast Bacon 100% Juice	Cold Cereal Banana 100% Juice Whole Grain Toast
L U N	Pork Roast Teriyaki Onion Roasted Potatoes Honey Glazed Pea Pods/Carrots Applesauce Bars	Meatloaf/Salsa Topping Baked Fried Potatoes Buttered Zucchini Chocolate Sour Cream Cake	Bread Crumb Drumsticks Spaghetti Salad Vegetable Medley Banana Split Dessert	Baked Fish Fillet Creamy Potatoes and Peas Spinach Key Lime Pie	Sour Cream Beef Patty Garlic Herb Mashed Potatoes Carrot Green Bean Blend Butterscotch Bread Pudding	Garlic Parmesan Chicken Parmesan Roasted Potatoes Green Beans/Bacon Strawberry Shortcake	Orange Herb Pork Roast Fried Rice Stir-Fry Veg Chocolate Peanut Butter Cookie
D I N	Chicken Club Sandwich Fresh Fruit Pickle Spear	Grilled Tuna Sandwich Banana Tomatoes, Sliced	Mini Burgers Romaine Orange Salad Potato Salad	Pulled Pork Sandwich Applesauce Coleslaw	Split Pea Soup Assorted Fruit Whole Grain Bread	Taco Salad Grapes Tortilla Chips/Salsa	Hot Dog Watermelon Salad Sauerkraut

Split Pea Soup



Servings: 6

Serving Size: 1 c

Ingredients:	6
Split Peas.....	1 cups
Water.....	3 3/4 cups
Ham.....	3/4 lbs
Onions.....	1/3 cups chopped
Carrots, Fresh.....	2/3 cups chopped
Potatoes.....	3/4 cups cubed
Margarine.....	1 Tbsp
Flour.....	1 Tbsp
Chicken Base.....	3/4 tsp
Water.....	1 cups
Pepper.....	1/4 tsp

Procedure:

1. Sort peas to remove debris; rinse well, then drain. Add 1st listed amount of water and bring to a boil. Boil for 2 minutes, turn off heat, cover, and let stand for 1 hour.
2. Add DICED ham, CHOPPED onions, CHOPPED carrots, and CUBED potatoes. Cook for 1 hour our until peas are soft.
3. Melt margarine in a skillet over medium heat. Add flour and stir until smooth. Cook for 5 minutes. Add chicken stock (base + 2nd listed amount of water) continue stirring and cook until thickened. Add to peas. Add pepper and salt to taste.

Special Diet Instructions:

Diabetic-CC - DB-CCHO None
Low Fat - LF None

Gluten Free - GF None

Nutrition Facts	
Serving Size 1 c	
Servings Per Recipe 6	
Amount Per Serving	
Calories 198	Calories from Fat 40
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 1g	6%
Cholesterol 27mg	9%
Sodium 875mg	36%
Potassium 558mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	31%
Sugars 4g	
Protein 17g	
Vitamin A 48%	• Vitamin C 6%
Calcium 3%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Garlic Parmesan Chicken



Servings: 6 **Cooking Time:** 60 Minutes
Serving Size: 3 oz **Cooking Temp:** 350 °F

Ingredients:	6
Chicken Breast.....	1 1/2 lbs
Soup, Cream of Chicken ..	10 1/2 oz
Water.....	1/3 cups
Chicken Base.....	1/4 tsp
Onions.....	2/3 cups chopped
Celery.....	1/3 cups chopped
Garlic, Minced.....	1/2 Tbsp
Cheese, Parmesan.....	1/3 cups
Sour Cream.....	2/3 cups

Nutrition Facts	
Serving Size 3 oz	
Servings Per Recipe 6	
Amount Per Serving	
Calories 245	Calories from Fat 104
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	24%
Cholesterol 92mg	31%
Sodium 611mg	25%
Potassium 527mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	2%
Sugars 2g	
Protein 28g	
Vitamin A 6%	Vitamin C 5%
Calcium 9%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Procedure:

1. Cut chicken in desired 4 oz portions or strips and place in crock pot or baking pans.
2. In a mixing bowl, combine soup, water, base, CHOPPED onion, celery and garlic together; pour over the chicken. Cover with lid or aluminum foil.
3. CROCK: Cook on high for 6-8 hours. OVEN METHOD: Bake in a preheated 350 degree oven for 1 hour or until an internal temperature of 170 degrees F is reached. TIME DEPENDS ON PAN SIZE. About 30 minutes (10 minutes for oven cooking) before serving, add cheese and sour cream. Heat through.

Special Diet Instructions:

Diabetic-CC - DB-CCHO	None	Gluten Free - GF	Omit cream soup
Low Fat - LF	Omit cheese and use fat-free sour cream		