

GuildCare Niagara Falls

November 1-5, 2021

Monday - 1

Chicken patty (3oz) or alt entrée

Green beans (1/2c)

WG Bun (2oz)

Applesauce (1/2c)

1% milk (8oz)

AM SNACK

WG Cheez-it Crackers (0.75oz pk)

String Cheese (1oz)

Alternate Entrees –available daily:

PB & jelly sandwich on WG wheat bread (4 Tbsp PB/2tsp Jelly/2 sl Bread)

Tuesday - 2

Turkey w/gravy (2oz meat, 1oz gravy) or Alt. Entrée

Mashed Potatoes (1/2c)

WG Bread w/margarine (2sl - 1oz each/ 2pc)

Diced Peaches (1/2c)

1% milk (8oz)

AM SNACK

WG Graham Crackers (4 crackers = 2 pks)

Applesauce (1/2c)

Alternate Entrees –available daily:

PB & jelly sandwich on WG wheat bread (4 Tbsp PB/2tsp Jelly/2 sl Bread)

Wednesday - 3

Cheeseburger (2.5oz beef patty/0.5 oz cheese slice) or alt entrée

WG Bun (2oz)

Baked Beans (1/2c)

Fruit Cocktail (1/2c)

1% milk (8oz)

AM SNACK

Blueberry Muffin (2oz)

100% Juice box (6oz)

Alternate Entrees –available daily:

PB & jelly sandwich on WG wheat bread (4 Tbsp PB/2tsp Jelly/2 sl Bread)