

GuildCare Buffalo
October 18-22, 2021

Monday - 18

Turkey w/gravy (2oz meat, 1oz gravy)

Mashed Potatoes (1/2c)

WG Bread w/margarine (2sl/ 2pc)

Pineapple (1/2c)

1% milk (8oz)

AM SNACK

Yogurt (4oz)

WG Graham Crackers (4 sq = 2 packs)

Alternate Entrees --available daily:

PB & J or Tuna sandwich on WG bread (4 Tbsp PB or 2 oz Tuna/2 sl Bread)

Tuesday - 19

Beef Tacos on WG Tortillas (2oz Meat, 1oz Cheese, (2) 6" tortillas) or alt entrée

Diced Carrots (1/2c)

Applesauce (1/2c)

1% milk (8oz)

AM SNACK

Blueberry Muffin (2oz)

100% Juice box (6oz)

Alternate Entrees --available daily:

PB & J or Tuna sandwich on WG bread (4 Tbsp PB or 2 oz Tuna/2 sl Bread)

Wednesday - 20

Beef Hot Dog (2oz Meat) or alt entrée

WG Bun (2 oz)

Corn (1/2c)

Fruit Cocktail (1/2c)

1% milk (8oz)

AM SNACK

Cottage Cheese (2oz)

Pineapple (1/2c)

Alternate Entrees --available daily:

PB & J or Tuna sandwich on WG bread (4 Tbsp PB or 2 oz Tuna/2 sl Bread)

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Thursday - 21

Ground beef w/gravy (2oz Meat/1oz gravy) or alt entrée

WG Bun (2oz)

Peas (1/2c)

Diced peaches (1/2c)

1% milk (8oz)

AM SNACK

WG Animal Crackers (1oz pk)

String Cheese (1oz)

Alternate Entrees –available daily:

PB & J or Tuna sandwich on WG bread (4 Tbsp PB or 2 oz Tuna/2 sl Bread)

Friday - 22

Baked Chicken w/gravy (2oz meat/ 1oz gravy) or alt entrée

Brown Rice (1/2c)

WG Bread w/margarine (1sl/ 1pc)

Green beans (1/2c)

Banana (1 med, 1/2c)

1% milk (8oz)

AM SNACK

WG Bellybear Crackers (1oz pk)

Diced Pears (1/2c)

Alternate Entrees –available daily:

PB & J or Tuna sandwich on WG bread (4 Tbsp PB or 2 oz Tuna/2 sl Bread)