

EZ Menus Planned for Week of 08/27/2023 thru 09/02/2023

Family Resources, Inc.

August 27, 2023	August 28, 2023	August 29, 2023	August 30, 2023	August 31, 2023	September 01, 2023	September 02, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Bagels - (WG)(223) Fruit Cocktail (015) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)	Egg-Whole (135) X - Toast - W (WG)(265) Pears-C (030) Whole, 1%, or (1)	X - Total - W (WG)(085) Apples-C (001) Whole, 1%, or (1)	Corn Tortilla (107) Pinto Beans (224) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Crackie (054) Whole, 1%, or (1)	X - Goldfish (WG)(257) Peaches-AC (028)	X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Toast - W (WG)(265) Mixed Fresh F (100)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Wheat Thi (WG)(256) Peaches-AC (028)
Lunch						
Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Peppers, Gree (262) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Fish Fillets (111) X - Wheat Bre (WG)(083) Broccoli-AC (158) Oranges-C (026) Whole, 1%, or (1)	Chicken Roast (034) Stuffing / Dr (105) Butternut Squ (161) Peas-AC (185) Whole, 1%, or (1)	Roast Beef (016) X - Wheat Bre (WG)(083) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomatoes, Fre (250) Garden Salad (243) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100) Green Beans-C (172) Corn-C (168) Whole, 1%, or (1)
PM Snack						
X - Ritz Crac (WG)(243) Peaches-AC (028)	X - CheezIts (WG)(266) Apples-C (001)	X - Ritz Crac (WG)(243) Bananas-C (004)	X - Crackers (WG)(035) Mandarin Oran (023)	Raisin Bread (123) Whole, 1%, or (1)	Pumpkin Bread (134) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Turkey Meatba (072) X - Brown Ric (WG)(100) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Beef Lunchmea (082) X - Wheat Bre (WG)(083) Baked Beans (213) Watermelon-AC (041) Whole, 1%, or (1)	Fish Fillets (111) X - Brown Ric (WG)(100) Cole Slaw (166) Mandarin Oran (023) Whole, 1%, or (1)	Chicken Roast (034) X - Brown Ric (WG)(100) Sweet Potato/ (241) Peas and Carr (186) Whole, 1%, or (1)	Roast Beef (016) X - Brown Ric (WG)(100) Peas and Carr (186) Mandarin Oran (023) Whole, 1%, or (1)	Turkey Meatba (072) X - Whole Gra (WG)(138) Peppers, Gree (262) Fruit Cocktail (015) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)
Evening Snack						
X - Wheat Thi (WG)(256) Mixed Fresh F (100)	Cheese (087) X - Crackers (WG)(035)	X - English M (WG)(258) Mixed Fresh F (100)	Peanut Butter (140) X - Pretzels (WG)(263) Honeydew Melo (020)	X - Sunchips (WG)(041) Honeydew Melo (020)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Goldfish (WG)(257) Applesauce (002)

EZ Menus Planned for Week of 09/03/2023 thru 09/09/2023

Family Resources, Inc.

September 03, 2023	September 04, 2023	September 05, 2023	September 06, 2023	September 07, 2023	September 08, 2023	September 09, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Wheaties (WG)(075) Fruit Cocktail (015) Whole, 1%, or (1)	Pita Bread (025) Mandarin Oran (023) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)	X - Mini Whea (WG)(227) Raisins (034) Whole, 1%, or (1)	Croissants (010) Mandarin Oran (023) Whole, 1%, or (1)	Raisin Bread (123) Pears-C (030) Whole, 1%, or (1)
AM Snack						
X - Toast - W (WG)(265) Fruit Cocktail (015)	X - Crackers (WG)(035) Oranges-C (026)	X - Bagels - (WG)(223) Bananas-C (004)	Egg-Whole (135) X - Toast - W (WG)(265)	Egg-Whole (135) X - Toast - W (WG)(265)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Total - W (WG)(085) Whole, 1%, or (1)
Lunch						
Pork Chops / (053) X - Wheat Bre (WG)(083) Peas-AC (185) Potato Wedges (280) Whole, 1%, or (1)	Chicken Roast (034) X - Wheat Bre (WG)(083) Peas-AC (185) Mashed Potato (234) Whole, 1%, or (1)	Cubed Steak (014) X - Wheat Bre (WG)(083) Zucchini-AC (212) Plums-AC (032) Whole, 1%, or (1)	Pork Roast (058) X - Wheat Bre (WG)(083) Mashed Potato (234) Broccoli-AC (158) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083) Turnips (263) Apples-C (001) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Sweet Potato/ (241) Collard Green (167) Whole, 1%, or (1)	Chicken Sausa (035) X - Noodles-P (WG)(260) Tomato Sauce- (248) Green Beans-C (172) Whole, 1%, or (1)
PM Snack						
Graham Cracke (081) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002)	X - Sunchips (WG)(041) Fruit Cocktail (015)	X - Goldfish (WG)(257) Fruit with Je (021)	X - Waffles - (WG)(262) Honeydew Melo (020)	X - English M (WG)(258) Oranges-C (026)	X - Goldfish (WG)(257) Pears-C (030)
Dinner						
Pork Chops / (053) X - Brown Ric (WG)(100) Green Beans-C (172) Applesauce (002) Whole, 1%, or (1)	Chicken Roast (034) X - Brown Ric (WG)(100) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Cubed Steak (014) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)	Pork Roast (058) X - Brown Ric (WG)(100) Peas and Carr (186) Pineapple-C (031) Whole, 1%, or (1)	Ham (051) X - Noodles-P (WG)(260) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Chicken (025) X - Noodles-P (WG)(260) Peas-AC (185) Carrots-AC (163) Whole, 1%, or (1)	Chicken Sausa (035) X - Whole Gra (WG)(138) Lettuce, Roma (264) Tomatoes, Fre (250) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Fruit Salad (016)	X - Toast - W (WG)(265) Mixed Fresh F (100)	Yogurt (150) X - Toast - W (WG)(265)	X - Ritz Crac (WG)(243) Grapes (018)	X - Kix - WGR (WG)(137) Whole, 1%, or (1)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Toast - W (WG)(265) Bananas-C (004)

EZ Menus Planned for Week of 09/10/2023 thru 09/16/2023

Family Resources, Inc.

September 10, 2023	September 11, 2023	September 12, 2023	September 13, 2023	September 14, 2023	September 15, 2023	September 16, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	X - Chex-Blueberr (241) Mandarin Oran (023) Whole, 1%, or (1)	X - Cheerios (WG)(045) Mandarin Oran (023) Whole, 1%, or (1)	X - Cream of (WG)(044) Blueberries-C (006) Whole, 1%, or (1)	X - Oatmeal S (WG)(246) Oranges-C (026) Whole, 1%, or (1)	Ham (051) X - Toast - W (WG)(265) Hash Browns-C (232) Whole, 1%, or (1)
AM Snack						
X - Goldfish (WG)(257) Fruit Cocktail (015)	X - Life Orig (WG)(244) Whole, 1%, or (1)	X - Bagels - (WG)(223) Bananas-C (004)	Peanut Butter (140) X - Toast - W (WG)(265) Fruit Cocktail (015)	Pumpkin Bread (134) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - Bagels - (WG)(223) Cantaloupe-AC (008)
Lunch						
Pork Chops / (063) X - Wheat Bre (WG)(083) Peas-AC (185) Potato Wedges (280) Whole, 1%, or (1)	Beef Ground (003) Hamburger Bun (018) Potato Salad- (235) Watermelon-AC (041) Whole, 1%, or (1)	Chicken Roast (034) X - Wheat Bre (WG)(083) Peas-AC (185) Sweet Potato (240) Whole, 1%, or (1)	Catfish (040) X - Brown Ric (WG)(100) Mixed Vegetab (177) Cole Slaw (166) Whole, 1%, or (1)	Spare Ribs (061) X - Wheat Bre (WG)(083) Hash Browns-C (232) Green Beans-C (172) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Lettuce, Roma (264) Tomatoes, Fre (250) Whole, 1%, or (1)	Cubed Steak (014) X - Wheat Bre (WG)(083) Zucchini-AC (212) Plums-AC (032) Whole, 1%, or (1)
PM Snack						
Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	Graham Cracke (081) Pears-C (030)	X - Sunchips (WG)(041) Fruit Cocktail (015)	Egg-Whole (135) X - Waffles - (WG)(262)	X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Kix - Ber (WG)(135) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Pork Chops / (063) X - Brown Ric (WG)(100) Corn-C (168) Applesauce (002) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Lettuce / Gre (270) Tomatoes, Fre (250) Whole, 1%, or (1)	Chicken Roast (034) X - Brown Ric (WG)(100) Green Beans-C (172) Mixed Fresh F (100) Whole, 1%, or (1)	Catfish (040) X - Wheat Bre (WG)(083) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Broccoli-AC (158) Whole, 1%, or (1)	Cubed Steak (014) X - Brown Ric (WG)(100) Broccoli-AC (158) Mandarin Oran (023) Whole, 1%, or (1)
Evening Snack						
X - English M (WG)(258) Mixed Fresh F (100)	Yogurt (150) X - Toast - W (WG)(265)	X - English M (WG)(258) Whole, 1%, or (1)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Life Orig (WG)(244) Whole, 1%, or (1)	String Cheese (107) X - Crackers (WG)(035)	X - Pretzels (WG)(263) Grapes (018)

EZ Menus Planned for Week of 09/17/2023 thru 09/23/2023

Family Resources, Inc.

September 17, 2023	September 18, 2023	September 19, 2023	September 20, 2023	September 21, 2023	September 22, 2023	September 23, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Oatmeal-W (WG)\047 Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)\265 Cantaloupe-AC (008) Whole, 1%, or (1)	X - Chex-Whea (WG)\063 Fruit Salad (016) Whole, 1%, or (1)	X - Waffles - (WG)\262 Fruit Cocktail (015) Whole, 1%, or (1)	X - Pancakes (WG)\261 Applesauce (002) Whole, 1%, or (1)	Toast - W (WG)\265) Cantaloupe-AC (008) Whole, 1%, or (1)	X - Cream of (WG)\044 Mandarin Oran (023) Whole, 1%, or (1)
AM Snack						
X - Rice Cake (WG)\102 Mixed Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)\083 Whole, 1%, or (1)	Cheddar Chees (086) Crackers-Savo (036)	X - Wheat Thi (WG)\256 Bananas-C (004)	Hummus (123) Tortilla Chip (111)	Cheddar Chees (086) X - Crackers (WG)\035 Fruit Cocktail (015)	Peanut Butter (140) X - Whole Gra (WG)\138 Bananas-C (004)
Lunch						
Salisbury Ste (017) X - Brown Ric (WG)\100 Carrots-AC (163) Fruit Cocktail (015) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)\260 Garden Salad (243) Tomato Sauce- (248) Whole, 1%, or (1)	Chicken Breas (027) X - Brown Ric (WG)\100 Spinach-AC (205) Pineapple-C (031) Whole, 1%, or (1)	Tuna (046) X - Wheat Bre (WG)\083 Celery-C (268) Honeydew Melo (020) Whole, 1%, or (1)	Beef Stew Mea (081) X - Brown Ric (WG)\100 Carrots-AC (163) Fruit Cocktail (015) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)\083 Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)\100 Butternut Squ (161) Mixed Fresh F (100) Whole, 1%, or (1)
PM Snack						
X - Crackers (WG)\035 Oranges-C (026)	X - Ritz Crac (WG)\243 Applesauce (002)	Corn Dog (012) Breading (003) Pears-C (030)	Animal Cracke (054) Whole, 1%, or (1)	X - Ritz Crac (WG)\243 Pears-C (030)	X - Mini Spoo (WG)\248 Whole, 1%, or (1)	X - Ritz Crac (WG)\243 Cucumbers-C (170)
Dinner						
Salisbury Ste (017) X - Wheat Bre (WG)\083 Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)\138 Pinto Beans (224) Lettuce, Roma (264) Whole, 1%, or (1)	Chicken Breas (027) X - Wheat Bre (WG)\083 Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Tuna (046) X - Noodles-P (WG)\260 Peas-AC (185) Cantaloupe-AC (008) Whole, 1%, or (1)	Beef Stew Mea (081) X - Whole Gra (WG)\138 Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)\100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)\083 Sweet Potato/ (241) Pineapple-C (031) Whole, 1%, or (1)
Evening Snack						
X - Waffles - (WG)\262 Strawberries (038)	Yogurt (150) X - Granola - (WG)\252	Hummus (123) X - Pretzels (WG)\263	X - Cheerios (WG)\045 Whole, 1%, or (1)	X - Sunchips (WG)\041) Raisins (034)	Yogurt (150) X - Wheat Thi (WG)\256 Strawberries (038)	X - Cheerios (WG)\045 Whole, 1%, or (1)

EZ Menus Planned for Week of 09/24/2023 thru 09/30/2023

Family Resources, Inc.

September 24, 2023	September 25, 2023	September 26, 2023	September 27, 2023	September 28, 2023	September 29, 2023	September 30, 2023
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast						
X - Kix - WGR (WG)(137) Oranges-C (026) Whole, 1%, or (1)	X - Toast - W (WG)(265) Pears-C (030) Whole, 1%, or (1)	X - English M (WG)(258) Honeydew Melo (020) Whole, 1%, or (1)	Pork Sausage (112) X - Toast - W (WG)(265) Oranges-C (026) Whole, 1%, or (1)	X - Chex-Blueberr (241) Pears-C (030) Whole, 1%, or (1)	X - Pancakes (WG)(261) Bananas-C (004) Whole, 1%, or (1)	X - Kix - WGR (WG)(137) Peaches-AC (028) Whole, 1%, or (1)
AM Snack						
Cheddar Chees (086) X - Bagels - (WG)(223)	Muffins/Quick (237) Whole, 1%, or (1)	X - Goldfish (WG)(257) Fruit Salad (016)	X - Cheerios (WG)(011) Whole, 1%, or (1)	Cheddar Chees (086) Apples-C (001)	Yogurt (150) X - Granola - (WG)(252)	X - Sunchips (WG)(041) Blackberries- (005)
Lunch						
Steak (018) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Cod (041) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Beef Kielbasa (004) X - Wheat Bre (WG)(083) Cabbage-C (162) Fruit Cocktail (015) Whole, 1%, or (1)	Roast Beef (016) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Garden Salad (243) Tomato Sauce- (248) Whole, 1%, or (1)	Egg-Whole (135) X - Wheat Bre (WG)(083) Spinach-AC (205) Peppers, Gree (262) Whole, 1%, or (1)	Beef Stew Mea (081) X - Wheat Bre (WG)(083) Carrots-AC (163) Honeydew Melo (020) Whole, 1%, or (1)
PM Snack						
P B & Cheese (142) X - Toast - W (WG)(265)	X - Sunchips (WG)(041) Mixed Fresh F (100)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	Muffins/Quick (237) Whole, 1%, or (1)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Pretzels (WG)(263) Pears-C (030)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Dinner						
Steak (018) X - Brown Ric (WG)(100) Peas-AC (185) Fruit Salad (016) Whole, 1%, or (1)	Cod (041) X - Wheat Bre (WG)(083) Peas-AC (185) Fruit Cocktail (015) Whole, 1%, or (1)	Beef Kielbasa (004) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Roast Beef (016) X - Brown Ric (WG)(100) Turnip Greens (210) Fruit Cocktail (015) Whole, 1%, or (1)	Beef Ground (003) X - Brown Ric (WG)(100) Plantain (Gre (200) Black Beans (214) Whole, 1%, or (1)	Egg-Whole (135) X - Toast - W (WG)(265) Peas-AC (185) Strawberries (038) Whole, 1%, or (1)	Beef Stew Mea (081) X - Noodles-P (WG)(260) Carrots-AC (163) Green Beans-C (172) Whole, 1%, or (1)
Evening Snack						
X - Rice Cake (WG)(102) Apples-C (001)	Colby Cheese (088) X - Crackers (WG)(035)	X - Toast - W (WG)(265) Cantaloupe-AC (008)	X - Waffles - (WG)(262) Applesauce (002)	X - CheezIts (WG)(266) Mandarin Oran (023)	String Cheese (107) X - Crackers (WG)(035)	X - Wheat Thi (WG)(256) Mandarin Oran (023)