

GENACROSS NAPOLEON

Genacross Nap F/W 2023/2024

Regular/NAS/Consistent CHO Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov-05, Dec-03, Dec-31, Jan-28, Feb-25, Mar-24	Nov-06, Dec-04, Jan-01, Jan-29, Feb-26, Mar-25	Nov-07, Dec-05, Jan-02, Jan-30, Feb-27, Mar-26	Nov-08, Dec-06, Jan-03, Jan-31, Feb-28, Mar-27	Nov-09, Dec-07, Jan-04, Feb-01, Feb-29, Mar-28	Nov-10, Dec-08, Jan-05, Feb-02, Mar-01, Mar-29	Nov-11, Dec-09, Jan-06, Feb-03, Mar-02, Mar-30
Breakfast						
Choice of Cereal Eggs of Choice Bacon Wheat Toast	Choice of Cereal Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg & Cheese Sandwich Breakfast Ham Slice Juice of Choice 2% Milk Coffee/Tea	Eggs of Choice Buttered Waffles Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Canadian Bacon Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheese Omelet Sausage Patty White Toast /Wheat Toast Juice of Choice 2% Milk Coffee/Tea
Lunch						
Pot Roast Mashed Potatoes Roasted Carrots Dinner Roll Apple Pie Brown Gravy Margarine Coffee/Tea	Chicken and Dumplings Green Peas Wheat Bread Peanut Butter Brownies Margarine Coffee/Tea	Roast Pork Mashed Potatoes Broccoli Dinner Roll Pumpkin Cheesecake Crumble Bar Margarine Coffee/Tea	Cabbage Roll Stuffed w/Sauce Mashed Potatoes Lemon Meringue Pie Margarine Coffee/Tea	Roast Turkey Mashed Potatoes & Gravy Green Beans Wheat Bread Peach Crisp Margarine Coffee/Tea	Meatloaf Mashed Potatoes Key West Vegetable Blend Fresh Baked Roll Fruited Gelatin Margarine Coffee/Tea	BBQ Pork Ribette Baked Potato California Vegetable Blend Honey Wheat Dinner Roll Snickerdoodle Cookie Sour Cream and Chives Margarine Coffee/Tea
Dinner						
Ham Sandwich Potato Chips Vanilla Ice Cream Cup Coffee/Tea	Goulash Capri Vegetable Blend Buttered Breadstick Pineapple Chunks 2% Milk Margarine Coffee/Tea	Grilled Chicken Breast Swch Lettuce / Tomato / Onion Harvard Beets Fresh Fruit Cup 2% Milk Coffee/Tea	Braised Beef Tips Egg Noodles Succotash Vegetable Blend Wheat Bread Chilled Peaches Margarine 2% Milk Coffee/Tea	Deluxe Hamburger Au Gratin Potatoes Sliced Pears Ketchup 2% Milk Coffee/Tea	Pepperoni Pizza Tossed Salad Mandarin Oranges Choice of Dressing 2% Milk Coffee/Tea	Chicken Tenders Macaroni & Cheese Creamy Cole Slaw Cinnamon Apples 2% Milk Coffee/Tea

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Regular/NAS/Consistent CHO Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov-12, Dec-10, Jan-07, Feb-04, Mar-03, Mar-31	Nov-13, Dec-11, Jan-08, Feb-05, Mar-04, Apr-01	Nov-14, Dec-12, Jan-09, Feb-06, Mar-05, Apr-02	Nov-15, Dec-13, Jan-10, Feb-07, Mar-06, Apr-03	Nov-16, Dec-14, Jan-11, Feb-08, Mar-07, Apr-04	Nov-17, Dec-15, Jan-12, Feb-09, Mar-08, Apr-05	Nov-18, Dec-16, Jan-13, Feb-10, Mar-09, Apr-06
Breakfast						
Pancakes Bacon Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice White Toast /Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg, Bacon & Cheddar Scramble Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Cinnamon French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg & Cheese Sandwich Bacon Juice of Choice 2% Milk Coffee/Tea
Lunch						
Baked Glazed Ham Sweet Potatoes Green Peas Pumpkin Pie Margarine Coffee/Tea	Baked Spaghetti Cauliflower Garlic Toast Chilled Peaches Coffee/Tea	Tuna Salad Sandwich Chunky Vegetable Soup Cinnamon Maple Apple Cake Coffee/Tea	Salisbury Steak Mashed Potatoes Garden Seasoned Broccoli Fresh Baked Roll Frosted Chocolate Cake Brown Gravy Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Asparagus Dinner Roll Cherry Crisp Margarine Coffee/Tea	Roast Beef Mashed Potatoes w/Gravy Italian Green Beans Carrot Cake Margarine Coffee/Tea	Fried Chicken Au Gratin Potatoes California Vegetable Blend Butterscotch Brownie Parfait Coffee/Tea
Dinner						
Deli Sandwich Macaroni Salad Vanilla Ice Cream Cup 2% Milk Coffee/Tea	Breaded Chicken Patty Mixed Vegetables Diced Pears 2% Milk Coffee/Tea	Frankfurter On A Bun Baked Beans Mandarin Oranges 2% Milk Coffee/Tea	Peas & Pearl Onions Hamburger Gravy Mashed Potatoes & Gravy Apricots Margarine 2% Milk Coffee/Tea	Chicken Salad Sandwich Macaroni Salad Chocolate Chip Cookies 2% Milk Coffee/Tea	Fish Sandwich Creamy Cole Slaw Fresh Fruit Cup 2% Milk Coffee/Tea	Chili MTG Cornbread Cinnamon Applesauce 2% Milk Coffee/Tea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov-19, Dec-17, Jan-14, Feb-11, Mar-10	Nov-20, Dec-18, Jan-15, Feb-12, Mar-11	Nov-21, Dec-19, Jan-16, Feb-13, Mar-12	Nov-22, Dec-20, Jan-17, Feb-14, Mar-13	Nov-23, Dec-21, Jan-18, Feb-15, Mar-14	Nov-24, Dec-22, Jan-19, Feb-16, Mar-15	Nov-25, Dec-23, Jan-20, Feb-17, Mar-16
Breakfast						
Choice of Cereal Pancakes Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Assorted Donut Jelly Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Belgian Waffle Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Ham, Egg, Cheese Muffin Sandwich MTG Wheat Toast Jelly Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheese Omelet Bacon Blueberry Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Bacon White Toast /Wheat Toast Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Roast Pork Baked Potato Mixed Vegetables Dinner Roll Cherry Pie Sour Cream and Chives Margarine Coffee/Tea	BBQ Chicken Thighs Baked Beans Potato Salad Frosted Banana Cake Coffee/Tea	Meatloaf Mashed Potatoes w/Gravy Carrots Blueberry Pie Coffee/Tea	Chef's Choice Choice of Vegetable Chef's Choice Pineapple Dream Coffee/Tea	Roast Turkey Bread Stuffing Green Beans Pumpkin Pie Coffee/Tea	Creamed Chipped Beef Wheat Toast Harvard Beets Gingersnap Cookie Margarine Coffee/Tea	Orange Sherbet Marinara Meat Sauce for Spaghetti Spaghetti Noodles Mixed Vegetables Garlic Toast Margarine Coffee/Tea
Dinner						
Salisbury Steak Mashed Potatoes Green Peas Vanilla Ice Cream Cup Margarine 2% Milk Coffee/Tea	Ham Slice Three Cheese Macaroni Stewed Tomatoes Dinner Roll Chilled Peaches Margarine 2% Milk Coffee/Tea	Lasagna Tossed Salad Apricots Choice of Dressing 2% Milk Coffee/Tea	Cheeseburger Lettuce / Tomato / Onion Creamy Cole Slaw Mandarin Oranges Ketchup 2% Milk Coffee/Tea	Bologna and Cheese Sandwich Broccoli Cheese Soup Choice of Cookie 2% Milk Coffee/Tea	Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Butterscotch Pudding Margarine 2% Milk Coffee/Tea	Beef Stew Tossed Salad Biscuit Tropical Fruit Salad Choice of Dressing Margarine 2% Milk Coffee/Tea

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Regular/NAS/Consistent CHO Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov-26, Dec-24, Jan-21, Feb-18, Mar-17	Nov-27, Dec-25, Jan-22, Feb-19, Mar-18	Nov-28, Dec-26, Jan-23, Feb-20, Mar-19	Nov-29, Dec-27, Jan-24, Feb-21, Mar-20	Nov-30, Dec-28, Jan-25, Feb-22, Mar-21	Dec-01, Dec-29, Jan-26, Feb-23, Mar-22	Dec-02, Dec-30, Jan-27, Feb-24, Mar-23
Breakfast						
Choice of Cereal French Toast Breakfast Bake Sausage Patty Maple Syrup Juice of Choice Coffee/Tea	Choice of Cereal Biscuits and Gravy Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Sausage, Egg & Cheese Breakfast Sandwich Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Donuts Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg, Bacon & Cheddar Scramble Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
Pork Chop w/Mushroom Gravy Mashed Potatoes Green Beans Banana Cream Pie Margarine Coffee/Tea	Italian Baked Chicken Breast Egg Noodles Whole Baby Carrots Vanilla Pudding Cake Margarine Coffee/Tea	Polish Sausage Sauerkraut Green Peas Cinnamon Apple Tart Coffee/Tea	Turkey Pot Roast Scalloped Potatoes Roasted Cauliflower Blueberry Crisp Coffee/Tea	Chicken and Noodles Mixed Vegetables Brownie Coffee/Tea	Mashed Potatoes & Gravy Salisbury Steak Garden Seasoned Broccoli Red Velvet Cake Sour Cream and Chives Margarine Coffee/Tea	Country Fried Steak Mashed Potatoes Peas & Diced Onions Choice of Cookie Margarine Coffee/Tea
Dinner						
Ham Slice Sweet Potatoes Succotash Vegetable Blend Vanilla Ice Cream Coffee/Tea	French Onion Soup Saltines Cold Roast Beef Sandwich Chip Pot Reg 1.5z IW Chocolate Pudding 2% Milk Coffee/Tea	Chicken Pot Pie Tossed Salad Wheat Bread Chilled Peaches Margarine 2% Milk Coffee/Tea	Meatloaf Mashed Potatoes Green Beans Tapioca Pudding Brown Gravy Margarine Coffee/Tea	Sloppy Joe Chip Pot Reg 1.5z IW Red Grapes 2% Milk Coffee/Tea	Bean w/Ham Soup Saltines Chicken Salad Sandwich Pickled Beets Tropical Fruit Salad Margarine Coffee/Tea	Pepperoni Pizza Tossed Salad Chilled Peaches Choice of Dressing 2% Milk Coffee/Tea