GLENWOOD, INC. MENU

Week 1

For the weeks of:

March 23 2026
April 20 2026
May 18 2026
June 15 2026
July 13 2026
August 10 2026
September 7 2026

Cycle: Spring/Summer 2025/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**	
Juice	4oz	Juice	4 oz	Juice	4 oz	Juice	4 oz	Juice	4oz	Choice of Milk	8 oz	Choice of Milk	8 oz
Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Yogurt	1 ct	Cereal	1 ct
Scrambled Eggs	1/2 c	Maple Peach Muffin	1 ct	Breakfast Burrito	1 ct	Overnight Oats	1/2 c	Biscuit	1 ct	Choc Chip French Toast	1 pk	Egg Bites	2 ct
Smoked Sausage	1.5 oz	Yogurt	1/2 c	Grits	1/2 c	Cinnamon Roll	1 ct	Bacon	2 sl	Fruit	1 c	Fruit	1 c
WW Toast	2 sl	Granola	1 pk	Fruit	1/2 c	Fruit	1/2 c	Egg Patty	1 ct				
Fruit	2 ct	Fruit	1/2 c					Fruit	2 ct				
Jelly	1 pk							Jelly	1 pk				
LUNCH		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**	
Crispitos w/ Cheese	2 ct	Cheeseburger	3 oz	Spaghetti w/ Cheese	8 oz	Cheesy Chicken Sub	1 ct	Teriyaki Chicken & Vegetables	4 oz	Chicken Cordon Bleu	4 oz	Salisbury Steak	3 oz
Refried Beans	1/2 c	Lettuce/Tomato	1/2 c	Salad	1 c	Baby Carrots	1/2 c			Mixed Vegetables	1 c	Mashed Potatoes	1/2 c
Corn	1/2 c	Baked Beans	1/2 c	WG Garlic Knot	1 ct	Cucumber Salad	1/2 c	Shanghai Noodles	1 c	Rice Pilaf	1/2 c	Green Beans	1/2 c
Fruit	1 c	Sweet Potato Fries	1/2 c	Fruit	1 c	Fruit	1 c	Egg Roll	1 ct	Fruit	1 c	WW Roll	1 ct
Choice of Milk	1/2 pt	Fruit	1 c	Choice of Milk	8 oz	Choice of Milk	8 oz	Fruit	1 c	Choice of Milk	8 oz	Fruit	1 c
Sour Cream	1 pk	Choice of Milk	1/2 pt	Italian Dressing	1 oz	Ranch	1 oz	Choice of Milk	1/2 pt			Choice of Milk	8 oz
Salsa	2 oz	Ketchup/Mayo	2 pk										
DINNER		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**	
Sloppy Joe	3 oz	Chicken Tenders	3-4 ct	Pork Chop w Gravy	8 oz	Chicken Tetrazzini	8 oz	Crispy Chicken	1 ct	Stuffed Peppers	1-2 ct	Chicken & Dumplings	8 oz
Bun	1 ct	Mac 'n Cheese	1/2 c	Mashed Potatoes	1/2 c	Yellow Squash	1/2 c	Bun/Lettuce/Tomato	1 ct	Corn Souffle	1/2 c	Carrots	1/2 c
Green Beans	1/2 c	Baked Apples	1/2 c	Black Eyed Peas	1/2 c	Green Peas	1/2 c	Pasta Salad	1/2 c	Bread Stick	1 ct	Salad	1 c
Tater Tots	1/2 c	Dinner Roll	1 ct	Dinner Roll	1 ct	WW Roll	1 ct	Chips	1 ct	Dessert	1 ct	Dessert	1 ct
Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct				

For the weeks of:

March 30 2026
April 27 2026
May 25 2026
June 22 2026
July 20 2026
August 17 2026
September 14 2026

GLENWOOD, INC. MENU

Week 2

Cycle: Spring/Summer 2025/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**	
Juice	4oz	Juice	4 oz	Juice	4 oz	Juice	4oz	Juice	4oz	Choice of Milk	8 oz	Choice of Milk	8 oz
Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Tony Bfast Bagel	1 ct	French Toast Sticks	4 ct
English Muffin	1 ct	Pancake on a Stick	1 ct	Fruity Oatmeal	1 c	Waffles	2 ct	Hashbrown Casserole	1 sl	Yogurt	1 ct	Cheese Omelet	1 ct
Ham	1 sl	Grits	1/2 c	Sausage Patties	2 ct	Bacon	2 sl	Scrambled Eggs	1/2 c	Fruit	1 c	Fruit	1 c
Egg Patty w/ Cheese	1 ct	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Sausage Links	2 ct				
Fruit	1/2 c	Syrup	1 pk			Syrup	1 pk	Fruit	1/2 c				
Jelly	1 pk												
LUNCH		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**	
Beef Tacos	2 ct	Kabob Meat	3 oz	BBQ Chicken	3 oz	Texas Chimichurri Steak	3 oz	Fried Catfish	3 oz	Pizza	1 sl	Corndog	1 ct
Lettuce/Tomato/Chz	3/4 c	Onions & Peppers	1/2 c	Potato Salad	1/2 c	Rice	1 c	Hushpuppies	2 ct	Mixed Vegetables	1/2 c	Sweet Potato Fries	1/2 c
Cilanto Lime Rice	1/2 c	Pita Bread	1 ct	Fried Okra	1/2 c	Green Peas	1/2 c	French Fries	1/2 c	Salad	1 c	Corn	1/2 c
Black Beans	1/2 c	Greek Salad	1 c	Cornbread	1 sl	Carrots	1 c	Coleslaw	1/2 c	Fruit	1 c	Fruit	1 c
Fruit	1 c	Fruit	1 c	Fruit	1 c	Fruit	1 c	Fruit	1 c	Choice of Milk	8 oz	Choice of Milk	8 oz
Choice of Milk	1/2 pt	Choice of Milk	1/2 pt	Choice of Milk	1/2 pt	Choice of Milk	1/2 pt	Choice of Milk	1/2 pt				
Sour Cream	1 pk	Tatziki Sauce	2 oz				2 oz	Tartar Sauce	1 pk				
Taco Sauce	1 pk							Ketchup	2 pk				
DINNER		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**	
Italian Chicken	3 oz	Chicken Parm	3 oz	Meatloaf	8 oz	Chicken Pot Pie	8 oz	Chicken Nachos	8 oz	Chicken Noodle Bake	8 oz	Beefy Mac	8 oz
Rice Pilaf	1/2 c	Buttered Noodles	1/2 c	Mashed Potatoes	1/2 cup	Lima Beans	1/2 c	Tortilla Chips	1/2 c	Green Peas	1/2 c	Salad	1 c
Roasted Broccoli	1 ct	Salad	1 c	Green Beans	1/2 cup	Corn on the Cob	1 ct	Cheese Sauce	1/2 c	WW Dinner Roll	1 ct	Bread Stick	1 ct
Dinner Roll	1 ct	Garlic Bread	1 ct	Dinner Roll	ct	Dinner Roll	1 ct	Black Beans and Corn	1/2 c	Dessert	1 ct	Sdessert	1 ct
Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct				

For the weeks of:

April 6 2026
May 4 2026
June 1 2026
June 29 2026
July 27 2026
August 24 2026
September 21 2026

GLENWOOD, INC. MENU

Week 3

Cycle: Spring/Summer 2025/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**	
Juice	4oz	Juice	4 oz	Juice	4 oz	Juice	4 oz	Juice	4 oz	Choice of Milk	8 oz	Choice of Milk	8 oz
Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Stuffed Waffle	1 ct	Cereal	1 bowl
Breakfast Egg Roll	1 ct	Chicken Patty	1 ct	Banana Rice Pudding	1/2 c	Breakfast Burrito	1 ct	WW Toast	2 sl	Yogurt	1/2 c	Egg Bites	2 ct
Grits	1/2c	Biscuit	1 ct	Smoked Sausage	1.5 oz	Hashbrown	1/2 c	Scrambled Eggs	1/2 c	Fruit	1 c	Fruit	1 c
Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Sausage Patty	2 ct				
		Jelly	1 pk			Ketchup	2 pk	Fruit	1/2 c				
								Jelly	1 pk				
LUNCH		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**	
Chicken Enchiladas	2 ct	Baked Ziti	8 oz	Country Fried Steak	3 oz	Hot Dog	3 oz	BBQ Sandwich	1 ct	Meatballs & Marinara	3 oz	Chicken Nuggets	5 ct
Mexican Street Corn	1/2 c	Salad	1 c	Mashed Potatoes	1/2 c	Sauerkraut	1/4 c	Onion Rings	1/2 c	Sub Roll	1/2 c	Mac 'n Cheese	1/2 c
Refried Beans	1/2 c	Italian Green Beans	1/2 c	Gravy	2 oz	Ranch Fries	1/2 c	Pasta Salad	1/2 c	Baked Chips	bag	Peas & Carrots	1 c
Fruit	1 c	Garlic Bread	1 ct	Green Peas	1/2 c	Broccoli Au Gratin	1/2 c	Fruit	1 c	Mixed Vegetables	1 c	Fruit	1 c
Choice of Milk	1/2 pt	Fruit	1 c	Dinner Roll	1 ct	Fruit	1 c	Choice of Milk	1/2 pt	Fruit	1 c	Choice of Milk	8 oz
Salsa	2 oz	Choice of Milk	1/2 pt	Fruit	1 c	Choice of Milk	1/2 pt	Ketchup	2 ct	Choice of Milk	8 oz		
Sour Cream	1 pk	Italian Dressing	1 pk	Choice of Milk	8 oz	Mustard	2 pk						
						Ketchup	2 pk						
DINNER		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**	
Grilled Chicken	3 oz	Fish Sticks	4-5 ct	Philly Cheesesteak	3 oz	Beef Tamale Pie	8 oz	Pizza	1 sl	Beef Stew	8 oz	Lasagna	8 oz
Rice Pilaf	1/2 c	Mac 'n Cheese	1/2 c	Hoagie	1 ct	Black Beans	1/2 c	Corn	1/2 c	Butter Beans	1/2 c	Salad	1 c
Salad	1 c	Peas & Carrots	1/2 c	Chips	1 bag	Chips /Salsa	1/2 c	Tossed Salad	1 c	Corn Bread	1 sl	Bread Stick	1 ct
Dinner Roll	1 ct	Dinner Roll	1 ct	Corn on the Cob	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 ct
Dessert	1 ct	Dessert	1 ct	Dessert	1 ct								

GLENWOOD, INC. MENU

For the weeks of:

April 13 2026
May 11 2026
June 8 2026
July 6 2026
August 3 2026
August 31 2026
September 28 2026

Week 4
Cycle: Spring/Summer 2025/2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**		**BREAKFAST**	
Juice	4 oz	Juice	4 oz	Juice	4 oz	Juice	4oz	Juice	4 oz	Choice of Milk	8 oz	Choice of Milk	8 oz
Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Choice of Milk	8 oz	Pancakes	2 ct	Bfast Croissant	1 sl
English Muffin	1 ct	French Toast Bake	1 sl	Breakfast Pizza	1 sl	Biscuit & Gravy	1 ct	Fruity Scone	1 ct	Bacon	2 sl	Yogurt	1 ct
Fried Bolagna	1 ct	Sausage Links	2 ct	Yogurt	1/2 c	Grits	1/2 c	Hashbrown Casserole	1/2 c	Fruit	1 c	Fruit	1 c
Egg Patty w/ Cheese	1 ct	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c	Fruit	1/2 c				
Fruit	1/2c	Syrup	1 pk			Jelly	1 ct						
Jelly	1 pk												
LUNCH		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**		**LUNCH**	
Chicken Fajitas	2 ct	Buffalo Chicken Sliders	2 ct	Beef Tips	3 oz	Chicken Tenders	3 ct	Chicken Gumbo	3 oz	Pizza	1 sl	Beef Burrito	4 oz
Onions/Peppers	1/2 c	Sweet Potato Tots	1/2 c	Mashed Potatoes	1/2 c	French Fries	1/2 c	Rice	1/2 c	Mixed Vegetables	1/2 c	Corn	1/2 c
Black Beans	1/2 c	Green Beans	1/2 C	Honey Roasted Carrots	1/2 c	Salad	1 c	Corn on the Cob	1/2 c	Salad	1 c	Black Beans	1/2 c
Spanish Rice	1/2 c	Fruit	1 c	Dinner Roll	1 ct	Fruit	1 c	Fried Okra	1/2 c	Fruit	1 c	Fruit	1 c
Tortillas & Cheese	2 ct	Choice of Milk	1/2 pt	Fruit	1 c	Choice of Milk	1/2 pt	Fruit	1 c	Choice of Milk	8 oz	Choice of Milk	8 oz
Fruit	1 c	Ranch	1 pk	Choice of Milk	1/2 pt	Ketchup	2 pk	Choice of Milk	1/2 pt				
Choice of Milk	1/2 pt					Honey Mustard	1 pk						
Sour Cream	1 pk					Italian Dressing	1 pk						
						Dinner Roll	1 ct						
DINNER		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**		**DINNER**	
Beef Stroganoff	8 oz	Cheesy Potato Soup	8 oz	Hawaiin Pork	3 oz	Beef and Broccoli	8 oz	Pork Tenderloin	3 oz	Chicken Fettuccini	8 oz	Meatloaf	3 oz
Tossed Salad	1 c	Turkey Cheese Wrap	1 ct	White Rice	1/2 c	Fried Rice	1/2 c	Potato Salad	1/2 c	Green Peas	1 c	Mashed Potatoes	1/2 c
Garlic Bread	1 ct	Lettuce/Tomato	1/2 c	Cucumber Salad	1/2 c	Egg Roll	1 ct	Baked Beans	1/2 c	Bread Stick	1 ct	Collard Greens	1/2 c
Dessert	1 ct	Dessert	1 ct	Dessert	1 ct	Dessert	1 c	Cornbread	1 sl	Dessert	1 ct	WW Dinner Roll	1 ct
								Dessert	1 ct			Dessert	1 ct