



Lifestream Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Breast <i>New!</i> w/ Romesco Sauce Parslied Noodles Tuscany Vegetable Blend Tossed Salad Fresh Fruit Milk Salad Dressing Cal: 591 Sodium: 776	Krab Cake w/ Dill Sauce Garden Vegetable Blend Green Peas Saltine Crackers Chocolate Cake Milk Diet - Lorna Doone Cookies Cal: 696 Sodium: 688	Smothered Beef Patty Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 628 Sodium: 685	Butter Chicken w/ Yellow Rice Cauliflower Spiced Peaches n' Granola Milk Cal: 535 Sodium: 394
7	8	9	10	11
Closed for Holiday	Sloppy Joe Baked Beans Carrots Hamburger Bun Fresh Fruit Milk Cal: 797 Sodium: 954	Beef Stroganoff (Egg Noodles in Stroganoff) Yellow Squash Green Beans Fig Bar Cookie Milk Cal: 578 Sodium: 375	Egg Patty (2) Hashbrown Potatoes French Toast Sticks Fresh Fruit Milk Pancake Syrup Cal: 704 Sodium: 852	Chicken Enchilada w/ <i>New!</i> Citrus Mojo Sauce Fiesta Black Beans Stewed Tomatoes Sugar Cookie Milk Cal: 544 Sodium: 847
14	15	16	17	18
Frito Pie Whole Kernel Corn Green Beans Corn Chips Lemon Swirl Pudding Milk Diet - SF Vanilla Pudding Cal: 714 Sodium: 730	Chicken Cordon Bleu Broccoli Glazed Carrots Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 699 Sodium: 1083	Loaded Potato Bake w/Ham Spring Vegetable Blend Cabbage Whole Grain Bread Fresh Fruit Milk Assorted Jelly Cal: 560 Sodium: 1234	Meatloaf w/Ketchup Sauce Whipped Potatoes Zucchini w/Tomatoes Wheat Dinner Roll Oreo Cookies Milk Margarine Cal: 652 Sodium: 1285	Sweet & Sour Chicken Parslied Rice Japanese Vegetable Blend Green Peas Oatmeal Raisin Cookie Milk Cal: 633 Sodium: 514
21	22	23	24	25
<i>New!</i> Chicken Tenders Ranch Beans Summer Vegetables Hamburger Bun Oatmeal Crème Cookie Milk BBQ Sauce Diet - Graham Crackers Cal: 901 Sodium: 1326	Breakfast Sausage w/Country Gravy O'Brien Hashbrown Potatoes Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 611 Sodium: 708	Chopped Steak w/Onion Gravy Potato Wedges Green Beans Saltine Crackers Rice Krispie Treat Milk Ketchup Cal: 677 Sodium: 643	Chicken & Sausage Jambalaya Whole Kernel Corn Okra & Tomatoes Cornbread Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 821 Sodium: 651	BBQ Pulled Pork Macaroni & Cheese Carrots Coleslaw Hamburger Bun Fresh Fruit Milk Cal: 735 Sodium: 1414
28	29	30		
Southwest Stew Summer Vegetable Blend Saltine Crackers Apple Cobbler Milk Diet - Hot Apple Slices Cal: 584 Sodium: 948	Oriental Shoyu Chicken Jasmine Rice Japanese Vegetable Blend Fresh Fruit Fortune Cookie Milk Cal: 573 Sodium: 426	Salisbury Steak w/ Steakhouse Sauce Whipped Potatoes Green Beans Whole Grain Bread Fresh Fruit Milk Margarine Cal: 636 Sodium: 661		

Courtney Furr RD, LDN

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License # 37004552A

Menus subject to change



Lifestream Picnic Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Yogurt Dill Chicken Salad Cucumber & Tomato Salad Green Pea Salad Saltine Crackers Fresh Fruit Milk Cal: 573 Sodium: 559	French Bistro Turkey Salad Lettuce & Tomato California Vegetable Salad Whole Wheat Bread (2) Chocolate Cake Milk Diet - Lorna Doone Cookies Cal: 719 Sodium: 1006	BBQ Chicken Salad Carrot Raisin Salad Whole Grain Hamburger Bun Fresh Fruit Milk Cal: 669 Sodium: 870	Krab Salad Pasta Salad Tossed Salad Saltine Crackers Spiced Peaches n' Granola Milk Ranch Salad Dressing Cal: 594 Sodium: 995
7	8	9	10	11
Closed for Holiday	Chef Chicken Salad Chickpea Pasta Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 565 Sodium: 634	Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Potato Salad Whole Grain Hamburger Bun Fig Bar Cookie Milk Cal: 668 Sodium: 1335	Tuna Salad Tossed Salad Broccoli Raisin Salad Whole Wheat Bread (2) Fresh Fruit Milk Ranch Salad Dressing Cal: 589 Sodium: 698	Greek Chicken Salad Vegetable Pasta Salad Marinated Tuscany Salad Saltine Crackers Sugar Cookie Milk Italian Salad Dressing Cal: 702 Sodium: 734
14	15	16	17	18
Grilled Chicken Strips Lettuce & Tomato Black Bean Salad Whole Wheat Tortilla Lemon Swirl Pudding Milk Ranch Salad Dressing Diet - SF Vanilla Pudding Cal: 637 Sodium: 1198	New! Peanut Butter & Jelly Citrus Carrot Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 746 Sodium: 509	Deviled Egg Salad Macaroni Salad California Vegetable Salad Saltine Crackers Fresh Fruit Milk Cal: 677 Sodium: 1231	Sliced Turkey Breast Mozzarella Cheese Lettuce & Tomato Garbanzo Pasta Salad Whole Wheat Bread (2) Oreo Cookies Milk Cal: 564 Sodium: 965	Tuna Mac Salad Beet Salad Green Pea Salad Saltine Crackers Oatmeal Raisin Cookie Milk Cal: 663 Sodium: 968
21	22	23	24	25
Tzatziki Turkey Salad Marinated Zucchini Saltine Crackers Oatmeal Crème Cookie Milk Diet - Graham Crackers Cal: 690 Sodium: 736	Sliced Ham Swiss Cheese Lettuce & Tomato Apple Confetti Coleslaw Whole Wheat Bread (2) Fresh Fruit Milk Cal: 626 Sodium: 1121	Hummus Broccoli Salad Pasta Salad Naan Bread Rice Krispie Treat Milk Cal: 704 Sodium: 1093	Lemon Pepper Tuna Salad Lettuce & Tomato Potato Salad Whole Wheat Bread (2) Fudge Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 677 Sodium: 904	Hawaiian Chicken Salad Black-Eyed Pea Salad Cucumber Salad Saltine Crackers Fresh Fruit Milk Cal: 582 Sodium: 865
28	29	30		
Sliced Turkey Breast Cheddar Cheese Spinach Salad Marinated Tuscany Salad Whole Grain Bread (2) Apple Cobbler Milk Mayonnaise Diet - Hot Apple Slices Cal: 590 Sodium: 1279	Chicken Caesar Salad Wrap California Vegetable Salad Whole Wheat Tortilla Fresh Fruit Fortune Cookie Milk Cal: 606 Sodium: 1189	Krab Mac Salad Green Pea Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Cal: 561 Sodium: 1106		

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