

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Breakfast | <p>Omelet Bar Turkey and Pork Sausage Biscuits and Gravy Buttermilk Pancakes Oatmeal Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit Sugar Biscuits</p> | <p>Omelet Bar Turkey and Pork Bacon Waffles Bacon & Egg Muffin Cream of Wheat Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit Muffins</p> | <p>Omelet Bar Ham French Toast Mediterranean Whole Wheat Bagel Malt-O-Meal Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit Cinnamon Rolls</p> | <p>Omelet Bar Turkey and Pork Bacon Whole Grain Pancakes Breakfast Burritos Oatmeal Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit Apple Fritters</p> | <p>Omelet Bar Turkey and Pork Sausage French Toast Sticks Spanish Tortilla Cream of Wheat Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit Sugar Biscuits</p> | <p>Brunch 10-1:30 pm Omelet Bar (11-1:30 pm) Scrambled Eggs Breakfast Potato Casserole Biscuits & Gravy Savory Baked Grits Hardboiled Eggs Yogurt Cottage Cheese Fresh Fruit</p> |
| Lunch | <p>Italian Marinated Chicken Cheese Stuffed Shells Spaghetti Bolognese <i>Sensible Selection:</i> <i>Black Bean and Couscous Salad</i> Corn Roasted Zucchini Breadsticks Mojo Potatoes Brown Rice Assorted Cookies</p> | <p>Southwest Turkey Loaf Linguini with Roasted Tomatoes and Garlic Chicken Tenders <i>Sensible Selection:</i> <i>Chicken Salsa Wrap</i> Sliced Carrots Au Gratin Vegetables Wild Rice Assorted Cookies</p> | <p>Hamburger Sliders Chicken Patty Portobello Mushroom & Roasted Red Pepper Sandwich <i>Sensible Selection: BLT</i> <i>Edamame Wrap</i> Roasted Vegetables Smiley Fries Quinoa Assorted Cookies</p> | <p>Grilled Ham & Cheese Grilled Soy Cheese (on whole wheat) Tomato Soup Nacho Bar <i>Sensible Selection:</i> <i>Tomato Curry Lentils</i> Mexican Corn Sauteed Spinach Sweet Potato Fries Brown Rice Assorted Cookies</p> | <p>Chicken Tenders Baked Fish Whole Wheat Fettuccini with Roasted Red Peppers <i>Sensible Selection:</i> <i>Sweet Edamame Pilaf</i> Sugar Snap Peas Baked Sweet Potatoes Wild Rice Assorted Cookies</p> | <p>1:30 - 6 pm Cheese Ravioli <i>SS: Chicken with Roasted Red Pepper Sauce</i> Garlic Bread Soup Green Beans Roasted Cauliflower Maple Walnut Squares</p> |

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| <p>Dinner</p> | <p>Chicken Fried Steak with gravy <i>SS: Crispy Ranch Chicken</i> Black Bean Burger Biscuits Spaghetti Squash Sugar Snap Peas Wild Rice Angel Food Cake w/ Strawberries</p> | <p>French Toast or Pancakes Pork and Turkey Sausage Omelet Bar <i>SS: BBQ Chicken</i> Quesadilla Green Beans Hash Browns Brown Rice Chocolate Rice Krispie Treats</p> | <p>Goulash Macaroni & Cheese Chicken Nuggets <i>SS: Mexican Chicken with Almond Chili Creme</i> Peas and Carrots Roasted Zucchini Spicy Curly Fries Brown Rice Homemade Granola Bars w/ Almonds</p> | <p>Hot Wing Bar Zucchini Eggplant Stacker <i>SS: Pasta Primavera with Chicken</i> Roasted Brussel Sprouts Breadsticks Smashed Potatoes Quinoa Pumpkin Pecan Pars</p> | <p>Tortilla Crusted Tilapia Portabella Napoleon <i>SS: Open Faced Grilled Chicken Sandwich</i> Corn Green Beans Fudge Mint Squares</p> | |
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***Vegetarian entrée - these do not include any poultry, pork, beef, seafood or fish. May contain eggs or dairy products.