

Sample Menu

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		<u>Beverages</u> Coffee, Tea, Juice, Milk Alrg-Rice Milk <u>Main Meal</u> Pancakes Turkey Bacon <u>Buffet</u> Fruit Bar Greek Yogurt Cereal <u>Veggie/Alts</u> GF Fr Toast Veggie Sausage	<u>Beverages</u> Coffee, Tea, Juice, Milk Alrg-Rice Milk <u>Main Meal</u> Breakfast Burrito Hash Browns salsa, sour cr, cheese, etc. <u>Buffet</u> Fruit Bar Greek Yogurt Oatmeal <u>Veggie Meal/Alts</u> Breakfast Burrito	<u>Beverages</u> Coffee, Tea, Juice, Milk Alrg-Rice Milk <u>Main Meal</u> Waffles Turkey Sausage <u>Buffet</u> Fruit Bar Greek Yogurt Cereal <u>Veggie/Alts</u> GF Fr Toast Veggie Sausage	<u>Beverages</u> Coffee, Tea, Juice, Milk Alrg-Rice Milk <u>Main Meal</u> Breakfast Sandwich w/egg, cheese and ham <u>Buffet</u> Fruit Bar Greek Yogurt Oatmeal <u>Veggie/Alts</u> Veggie Breakfast Sandwich GF Bagel	<u>Beverages</u> Coffee, Tea, Juice, Milk Alrg-Rice Milk <u>Main Meal</u> French Toast Turkey Bacon <u>Buffet</u> Fruit Bar Greek Yogurt Cereal <u>Veggie Meal/Alts</u> GF Fr Toast	<u>Beverages</u> SS Milk Alrg-Rice Milk <u>Main Meal</u> SS Muffins Granola Bars <u>Buffet</u> N/A <u>Veggie/Alts</u> GF Granola Bars
LUNCH		<u>Beverages</u> water <u>Main Meal</u> Taco Bar (beef) cheese, sr. cr., salsa Guacamole <u>Veggie Meal/Alts</u> Black bean tacos	<u>Beverages</u> water <u>Main Meal</u> Chicken Breast on Kaiser with lettuce and tomato w/ herbed mayo Sweet Potato Fries <u>Veggie/Alts</u> Eggplant Roulade	<u>Beverages</u> water <u>Main Meal</u> Pita Bar Chicken & tuna salad Lettuce & tomato <u>Veggie/Alts</u> Hummus Eggsalad	<u>Beverages</u> water <u>Main Meal</u> Chili con carne Corn bread Steamed Broccoli <u>Veggie Meal/Alts</u> Veggie Chili	<u>Beverages</u> water <u>Main Meal</u> Mac and Cheese <u>Veggie/Alts</u> Pizza w/veggies GF Pizza	
DINNER	<u>Beverages</u> Coffee, Tea, Juice, Milk <u>Main Meal</u> Lasagna Steamed kale Garlic Bread <u>Veggie/Alts</u> Veggie Lasagna <u>Dessert</u> Brownies Ices	<u>Beverages</u> Lemonade, Iced Tea <u>Main Meal</u> Chinese Chicken Brown Rice Steamed Cauliflower Rolls <u>Veggie/Alts</u> Sweet n Sour Tofu Refried Rice <u>Dessert</u> CC Cookies Ices	<u>Beverages</u> Lemonade, Iced Tea <u>Main Meal</u> Herb Crusted Porkloin Roasted Red Potatoes Green Beans Rolls <u>Veggie/Alts</u> Herbed Baked Tofu Alt: Lasagna <u>Dessert</u> Jello Jello	<u>Beverages</u> Lemonade, Iced Tea <u>Main Meal</u> Shepherd's Pie Rolls <u>Veggie/Alts</u> Spinach Pie Alt: Chicken <u>Dessert</u> Jello Pudding	<u>Beverages</u> Lemonade, Iced Tea <u>Main Meal</u> Mac and Cheese Mixed veg Rolls <u>Veggie/Alts</u> Pulled Pork? Eggplant Ratatouille Tuna Bake <u>Dessert</u> Ice Cream Sandwiches Ices	<u>Beverages</u> Lemonade, Iced Tea <u>Main Meal</u> Burgers & Dogs BBQ Chicken 3 Salads Corn <u>Veggie/Alts</u> Veggie Burgers Stuffed Peppers Grilled Portobellos <u>Dessert</u> Watermelon Inspec. Reward	