

Sample Menu

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