

Week 1 Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Cheesy Eggs	Cheesy Eggs	Cheesy Eggs	Cheesy Eggs	Cheesy Eggs	Cheesy Eggs	Cheesy Eggs
Crispy Bacon	Pork Sausage Link	Ham Steaks	Pork Sausage Patty	Crispy Bacon	Pork Sausage Link	Ham Steaks
Breakfast Potato	Tater Tots	Breakfast Potato	Hash Brown Patty	Breakfast Potato	Tater tots	Hash Brown Patty
Pancakes	French Toast	Pancakes	French Toast	Pancakes	Waffle Bar	Waffle Bar
Classic Grits	Oatmeal	Classic Grits	Oatmeal	Classic Grits	Oatmeal	Classic Grits
Biscuits & Sausage Gravy	Biscuits & Sausage Gravy	Biscuits & Sausage Gravy	Biscuits & Sausage Gravy	Biscuits & Sausage Gravy	Biscuits & Sausage Gravy	Biscuits & Sausage Gravy
Cajun Chicken	Carnitas	Fried Chicken	General Tso Chicken	Fried Fish	Pork Chimichangas	Jamaican Jerk Chicken
Red Beans and Rice	Spanish Rice	Macaroni & Cheese	Vegetable Fried Rice	Cheddar Cheese Grits	Rice con Grandules	Roasted Yucca
Apple Glazed Baby Carrots	Green Bean	Braised Collard Greens	Vegetable Egg Roll	Steamed Broccoli, Cauliflower & Baby Carrots	Mexican Corn Casserole	Green Beans
Roasted Portobello	Roasted Carrots	Black Eye Peas	Sesame Broccoli	Hushpuppies	Spiced Carrots	Steamed Corn
	Enchilada Casserole	Chicken Fried Tofu	Sweet and Sour Eggplant	Cajun Tofu		
		Cornbread				
Cheese Pizza	Pasta	Cheese Pizza	Pasta	Cheese Pizza		
Pepperoni Pizza	Marinara	Pepperoni Pizza	Marinara	Pepperoni Pizza		
	Alfredo		Alfredo	Vegetable Pizza		
Meatball Pizza	Garlic Bread	Margherita Pizza	Garlic Bread			
Beef and Three Cheese Bake Pasta		Vodka Baked Pasta				
Garden Burger	Grilled Cheese	Black Bean Burger	Cheese quesadilla	Alpine Vegetable Burger		
Cheese Burger	Nashville Hot Chicken Breast Sandwich	Chicken Nuggets	Blackened Chicken Sandwich	Chicken Patties		
Fries	Fries	Fries	Fries	Fries		
Cucumber Thai Salad	Black Bean & Corn Salad	Red Potato Salad	Creamy Coleslaw	Chef's Choice Salad	Fresh Fruit and Yogurt Bar	Fresh Fruit and Yogurt Bar
Vegetable Soup	Tomato Basil Soup	Cream Of Broccoli	Baked Potato Soup	Lobster Bisque	Chef's Soup	Chef's Soup

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.