

Week 4 Breakfast and Lunch



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Scrambled Eggs Pork Sausage Links Turkey Bacon Assorted Bagel Bar Shredded Hash Browns Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Beef Smoked Sausage Fried Chicken Fritter Assorted Bagel Bar Potatoes O'Brien Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Crispy Bacon Steak Fritter Assorted Bagel Bar Hash Brown Patty Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Country Ham Pork Sausage Link Assorted Bagel Bar Cheesy Potato Casserole Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Pork Bacon Turkey Sausage Patty Assorted Bagel Bar Tater Tots Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Corned Beef Hash Pork Sausage Patty Assorted Bagel Bar Breakfast Potatoes Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles	Scrambled Eggs Crispy Bacon Turkey Sausage Link Assorted Bagel Bar Shredded Hash Browns Grits and Oatmeal Biscuits and Gravy or Sausage Gravy Belgian Waffles
	Meatball Subs Meatballs, Alfredo Sauce Marinara Sauce, Sub Rolls Assorted Cheeses Peppers and Onions	Noodle Bowl Angel Noodles, Shrimp Chicken, Pho Broth, Beef Broth Mushrooms, Scallions, Shredded Carrots, Olives Tofu, Assorted Sauces	Fajita Day Beef or Shredded Chicken Onions and Peppers Soft Tacos, Salsa, Olives, Sour Cream, Shredded Cheese, Guacamole	Grain Bar Wheatberry, Coucous, Quiona Grain Mushrooms, Olives, Carrots, Peppers Onions, Cheeses, Assorted Sauces	French Fry Bar Assorted Fries Chili, Cheese Sauce Sautéed Mushrooms, Onions, Tomatoes Sour Cream , Salsa	Assorted Pastries Assorted Muffins Hot Toppings	Assorted Pastries Assorted Muffins Hot Toppings
	Mediterranean Tuna Salad	Caprese Wrap	Roast Beef Sandwich	Turkey Pesto Sandwich	Chicken Salad	Make your own Sandwich Masterpiece	Make your own Sandwich Masterpiece
	Roasted Herb Pork Loin Rice Pilaf Buttered Squash Country Style Green Beans Honey Baby Carrots Herbed Rolls	Smothered Beef Tips Butter Egg Noodles Roasted Succotash Parmesan Cauliflower Brasied Cabbage Dinner Rolls	Fried Chicken Macaroni and Cheese Collard Greens Field Peas Steamed Broccoli Corn Bread	Jambalaya Wild Rice Cajun Corn Bok Choy and Onion Saute Candied Carrots Yeast Roll	Fried Fish Creamy Cheese Grits Fried Okra Steamed Green Beans Oven Roasted Cauliflower Cornbread	Chicken Carbonara Pasta Sautéed Kale and Garlic Roasted Broccolini Yellow Corn Sweet Potato Quinoa Cake Bread Sticks	Fried Chicken Turkey Pot Pie Buttered Corn Fried Okra Roasted Squash Corn Muffins
	Wheatberry Artichoke Salad	Zucchini Boats	Baked Chicken	Stewed Tomatoes and Okra	Baked Fish w/ Mango Salsa		
	Pepperoni Pizza Cheese Pizza Supreme Pizza	Pepperoni Pizza Cheese Pizza Buffalo Baked Ziti Tomato Basil Pesto Bake	Pepperoni Pizza Cheese Pizza Veggie Pizza	Pepperoni Pizza Cheese Pizza Chicken Carbonara Bake Parmesan Spaghetti Squash	Pepperoni Pizza Cheese Pizza Bacon, Sausage, Ham Pizza	Pepperoni Pizza Cheese Pizza Breakfast Pizza	Pepperoni Pizza Cheese Pizza Breakfast Pizza
	Roast Beef Melts Seasoned Hamburgers Grilled Chicken Onion Rings	Fried Fish Sand Seasoned Hamburgers Grilled Chicken French Fries	BLT Wraps Seasoned Hamburgers Grilled Chicken Onion Rings	Philly Cheesesteaks Seasoned Hamburgers Grilled Chicken French Fries	Sausage and Peppers Seasoned Hamburgers Grilled Chicken Onion Rings	Seasoned Hamburgers Grilled Chicken French Fries	Seasoned Hamburgers Grilled Chicken Onion Rings

* 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.

GF Gluten Free
 V Vegetarian
 Ve Vegan