

Week 3 Breakfast and Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Bacon Home Fries Pancakes Oatmeal Made to Order Omelets Made to Order Cage Free Eggs	Turkey Sausage Links Home Fries French Toast Sticks Cream of Wheat Made to Order Omelets Made to Order Cage Free Eggs	Sausage Patties Tater Tots French Toast Oatmeal Made to Order Omelets Made to Order Cage Free Eggs	Bacon Hash Browns Pancakes Grits Made to Order Omelets Made to Order Cage Free Eggs	Sausage Links Home Fries White Chocolate & Raspberry Pancakes Oatmeal Made to Order Omelets Made to Order Cage Free Eggs	Turkey Sausage Patties Crispy Potato Squares French Toast Sticks Oatmeal Made to Order Omelets Made to Order Cage Free Eggs	Sausage Patties Home Fries Pancakes Oatmeal Made to Order Omelets Made to Order Cage Free Eggs
	Triple Threat (3 Styles of Loaded French Fries) French Fries Crab Rangoon filling Shredded Buffalo Chicken Bacon Bits Green Onions Bleu Cheese Dressing Sour Cream Ranch Sweet Chili Sauce Sriacha Franks Hot Sauce	Taco Tuesday "Tacos" Beef Taco meat Diced Tomatoes Shredded Lettuce Diced Onions Shredded Cheese Jalapenos Tex-Mex Tofu Sour Cream Salsa 6" Flour tortillas Hard Shell Corn Tortillas	Pancake Bar Broccoli Pancakes Butter and Syrup Strawberries Blueberries Whip Cream	Mac and Cheese Bar Broccoli Bacon Cheddar Cheese Crushed Red Pepper Cheese Sauce Asiago Cheese Green Onions Jalapenos Hot Sauce	General Tso's Tempura Chicken Baby Corn Broccoli Shredded Carrots Brown Rice Scallion General Tso's Sauce Soy Sauce Tempura Cauliflower		
	Omelette Bar	Omelette Bar	Omelette Bar	Omelette Bar	Omelette Bar		
	Roasted Marinated Tofu with Tomato, Spianch, and Red Onion Sauteed Snow Peas and Mushrooms	General Tso Cauliflower Jasmine Rice with Green Onions	Roasted Veg. and Italian Herb with Polenta Stewed Tomatoes	Black Beans and Rice Roasted Chipotle Butternut Squash	Roasted Portobella, Salsa Verde and Cabbage Tacos Roasted Vegetables	Curried Chickpeas Chilli Roasted Cauliflower	Broccoli and Tofu Stir fry Roasted Zucchini
	Garlic Shrimp and Alfredo Pasta Bake Roasted Zucchini & Red Peppers Breadsticks	Hot Brown Sandwich Roasted Carrots Roasted Potatoes	Sheperds Pie Roasted Mushrooms Sauteed Spinach and Onions with Wheatberries	Turkey Stew Broccoli Raab and Roasted Tomatoes Biscuits	Shrimp Tacos With Mango Salsa Plantains Red Beans and Rice	BBQ Pulled Pork Roasted Broccoli with Red Peppers Rice Pilaf	Herb Roast Beef wih Beef Gravy Sauteed Green Beans & Corn Herbed Parmesan Potato Wedges
	Cajun Lemon Chicken Steamed Green Beans	Grilled Pork Chops with Apple BBQ sauce Steamed Zucchini and Tomatoes	Cilantro Lime Chicken Thighs Steamed Corn and Peas	Baked Cod Steamed Peas	GF Cheese Pizza GF Pepperoni Pizza	Roasted Drumsticks with Country Sweet Steamed Cauliflower	Grilled ChickenThighs Steamed Broccoli
	Pepperoni Pizza Cheese Pizza Bacon Cheeseburger Pizza	Sausage & Pepperoni Pizza Cheese Pizza Spinach, Artichoke, and Feta Pizza	Pepperoni Pizza Cheese Pizza Penne with Pesto Alfredo	Pepperoni Flatbread Cheese Flatbread Roasted Pepper & Olive Flatbread	Bacon & Pepperoni Pizza Cheese Pizza Ziti and Meat Sauce	Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza	MTO Pizza
	Grilled Chicken Cheeseburger Tater Tots	Veggie Burger Turkey Burger French Fries	Cheeseburger Zweigle Red Hot French Fries	Grilled Spicy Buffalo Chicken Black Bean Burger Curly Q French Fries	All Beef Hot Dog Toppings: Cheese Sauce, Sauerkraut, Bacon Bits, Meat Sauce French Fries	Veggie Burgers Cheeseburgers Tater Tots	
	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip	Orange, Raisin, Carrots and Farro Buffalo Chicken Wing Dip
	Fire Roasted Corn Chowder Split Pea & Ham	Cheesy Asparagus Beef Barley	Cream of Broccoli Black Bean, Sausage, and Rice	5 Onion Bisque Chicken and Corn Chowder	Black Bean Seafood Chowder	Chef's Choice Chilli Chef's Choice Vegetable	Chef's Choice Chilli Chef's Choice Vegetable

* 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.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item