



## Menu Cycle 4

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	<b>Saturday 9-Mar</b>	<b>Sunday 10-Mar</b>	<b>Monday 11-Mar</b>	<b>Tuesday 12-Mar</b>	<b>Wednesday 13-Mar</b>	<b>Thursday 14-Mar</b>	<b>Friday 15-Mar</b>
<b>BREAKFAST</b>	<u>Continental</u>	<u>Continental</u>	Fruit & Yogurt Bar Assorted Cereals	Fruit & Yogurt Bar Assorted Cereals	Fruit & Yogurt Bar Assorted Cereals	Fruit & Yogurt Bar Assorted Cereals	Fruit & Yogurt Bar Assorted Cereals
	Fruit & Yogurt Bar  Assorted Cereals Toast / Bagel Station	Fruit & Yogurt Bar  Assorted Cereals Toast / Bagel Station	OE Eggs Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links  Toast / Bagel Station	French Toast Sticks Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links  Toast / Bagel Station	OE Eggs Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links  Toast / Bagel Station	Belgian Waffles Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links  Toast / Bagel Station	OE Eggs Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links  Toast / Bagel Station
<b>LUNCH</b>	<u>Brunch</u>	<u>Brunch</u>	Featured Soup (s)	Featured Soup (s)	Featured Soup (s)	Featured Soup (s)	Featured Soup (s)
	Fruit Fruit & Yogurt Bar Assorted Cereals Toast / Bagel Station  French Toast Stix Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links	Fruit Fruit & Yogurt Bar Assorted Cereals Toast / Bagel Station  Buttermilk Pancakes Scrambled Eggs  Breakfast Potatoes Bacon / Sausage Links	Chicken Tenders  Ranch House Potatoes  Steamed Broccoli w/ Carrots  Kale Greens  Charro Black Beans 3 Grain Brown Rice  Featured Dessert	Jerk Seasoned Baked Chicken  Basmati Rice  Roasted Plantains (1/2 L) Hoppin John (1/2 L) (Corn w/ Black Eyed Peas) Butternut Squash  Picante Red Beans 3 Grain Brown Rice  Fresh Fruit Bowl	Meatball Stroganoff  Garlic Egg Noodles  Peas n Carrots  Roasted Cauliflower  Featured Bean 3 Grain Brown Rice  Featured Dessert	Chicken Breast Cacciatore  Mushroom Parmesan Risotto  Mixed Squash with Peppers  Steamed Green Beans  Garlic Herb White Beans 3 Grain Brown Rice  Sliced Watermelon	BBQ Pork Sandwich  Tater Tots  Kale Greens  Brown Sugar Carrots  Pinto Beans 3 Grain Brown Rice  Featured Dessert
<b>DINNER</b>	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread
	Waffles with Oven Fried Chicken  Mashed Potatoes  Buttered Carrots  Steamed Green Beans  Twice Cooked Pinto Beans 3 Grain Brown Rice	Sliced Beef BBQ  Roasted Potatoes  Cheddar Baked Cauliflower  Baby Carrots w/ Chives  Featured Bean 3 Grain Brown Rice	Italian Sausage w/ Peppers & Onions  Cheese Ravioli with Marinara  Steamed Peas  Mixed Squash w/ Peppers  Charro Black Beans 3 Grain Brown Rice	Sliced Turkey w/ Pan Gravy w/ Fresh Apple Cranberry Sauce  Creamed Hash Potatoes  Steamed Green Beans  Glazed Carrots  Picante Red Beans 3 Grain Brown Rice	Steak Night - 7 oz Striploin  French Fries  Roasted Herb Tomato w/ Arugula Steamed Asparagus  Featured Bean 3 Grain Brown Rice	Stuffed Tilapia Bernaise  Rissole Potatoes  Butternut Squash  Steamed Broccolini  Garlic Herb White Beans 3 Grain Brown Rice	"Build a Taco or Burrito" Taco Beef / Chicken Fajita w/ Toppings Bar Spanish Rice  Twice Cooked Pinto Beans  Chefs Featured Vegetable  Pinto Beans 3 Grain Brown Rice