



Menu Cycle 3

	Saturday 14-Sep	Sunday 15-Sep	Monday 16-Sep	Tuesday 17-Sep	Wednesday 18-Sep	Thursday 19-Sep	Friday 20-Sep
BREAKFAST	<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	Whole Grain Waffles Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links Toast / Bagel Station	OE Eggs Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links Toast / Bagel Station	French Toast Stix Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links Toast / Bagel Station	OE Eggs Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links Toast / Bagel Station	Buttermilk Pancakes Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links Toast / Bagel Station
LUNCH	<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 Chocolate Chip Pancakes Scrambled Eggs Breakfast Potatoes Bacon / Sausage Links	Chicken Picatta Brown Butter & Sage Gnocchi Marinara on side Roasted Mixed Squash Steamed Broccoli Tuscan White Beans 3 Grain Brown Rice Featured Dessert	Italian Sausage Hoagies w/ Peppers & Onions Eggplant Parmesan Butternut Squash Steamed Kale Lemon Garlic Red Beans 3 Grain Brown Rice Fresh Fruit Bowl	Hamburgers / Hot Dogs Veggie Burgers w/ Toppings Bar French Fries Corn on the Cob (1/2L) Steamed Green Beans (1/2L) Buffalo BBQ Black Beans 3 Grain Brown Rice Featured Dessert	Chicken Vegetable Stirfry Sweet n Sour Vegetable Potstickers Vegetable Egg Roll (1/2 L) Ginger Carrots (1/2 L) Sesame Sugar Snap Peas Jasmine Rice Sliced Watermelon	Featured Soup (s) Baked Potato Bar Fish Taco w/ Soft Flour Tortilla & Toppings Bar Tater Tots Buttered Corn Steamed Asparagus Creole Beans 3 Grain Brown Rice Featured Dessert
DINNER	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread	Breakfast for Dinner	House Tossed Salad Featured Bread	House Tossed Salad Featured Bread
	"Build A" Philly Cheese Steak w/ Hoagie Rolls Onion Rings Steamed Kale Glazed Carrots Featured Bean 3 Grain Brown Rice	Breaded Baked Pork Chops with Brown Sugar Apples Farmhouse Potatoes Steamed Asparagus Maple Butternut Squash Hushpuppies Featured Bean Brown Rice	Sliced Beef Striploin w/ Caramelized Onion Gravy Mashed Potatoes Buttered Corn Steamed Green Beans Tuscan White Beans 3 Grain Brown Rice	Oven Fried Honey Chicken Macaroni n Cheese Steamed Peas w/ Carrot Glazed Carrots Lemon Garlic Red Beans 3 Grain Brown Rice	Assorted Donuts French Toast Stix Scrambled Eggs Bacon & Sausage Links Tater Puffs Cereal Station Toast Station	Salisbury Steak w/ Caramelized Onion Gravy Roasted Sweet Potatoes Steamed Kale Lemon Pepper Cauliflower Creole Beans 3 Grain Brown Rice	Three Cheese Pizza & Pepperoni Pizza Spaghetti w/ Marinara on Side Steamed Broccoli Roasted Mixed Squash Featured Bean 3 Grain Brown Rice