



WEEK ONE

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Breakfast

NOTE:

GFR = Gluten Friendly
V = Vegan
VG = Vegetarian

Protein Bar

Lunch & Dinner

Grill

Potato

Assorted Pizzas (L&D)

Pita Pizzas- Thurs,Sat, Mon, Wed

Lunch Entrees

Dinner Entrees

Sides

Grits(V) Breakfast Bowls (Grits) Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Country Quiche Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits French Toast(VG) Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 123 135 140 226 589 190 84 75 100	Grits(V) Omelet Station(GFR)(VG) Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Pork Sausage Patties Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits Buttermilk Pancakes Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 259 135 140 226 346 190 84 75 100	Grits(V) Breakfast Burritos Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Bacon Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits French Toast(VG) Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 123 135 140 226 589 190 84 75 100	Grits(V) Omelet Station(GFR)(VG) Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Breakfast Quiche Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits Buttermilk Pancakes Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 259 135 140 226 346 190 84 75 100	Grits(V) Breakfast Burritos Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Bacon Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits Classic French Toast Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 123 135 140 226 158 190 84 75 100	Grits(V) Breakfast Bowl Scrambled Eggs(GFR)(VG) Breakfast Potatoes(V) Pork Sausage Patties Chicken Sausage Patty(GFR) Vegetarian Sausage(VG) Hot Buttered Biscuits Buttermilk Pancakes Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 259 135 140 226 346 190 84 75 100	Grits(V) Omelet Station Scrambled Eggs Breakfast Potatoes(V) Bacon Chicken Sausage Patty Vegetarian Quiche Hot Buttered Biscuits French Toast(VG) Oatmeal Eaq Whites/ Hardboiled Eaq Granola Fruit	171 148-300 148 113-228 123 135 140 226 589 190 84 75 100
Gourmet Burger in a Bun (L)(GFR) Bacon Grill Cheese (D) California burger French Fries (L) French Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar Spicy/Mild (L & D)	399 580 329 240 240 275 354-442	Chicken Philly (D) turkey burger w caramelized onion(L) meatless chicken nuggets (V) French Fries (L) French Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar / with Spinach Dip (L & D)	356 329 319 240 240 275 442/459	Patty Melt (L) Chili Dog(D) Tater Tots (L) French Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar Spicy/Mild (L & D)	611 338 237 240 275 354-442	Chicken Tenders(L) Grilled Cheese (D) Onion Rings (L) French Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nacho Bar w/Queso (L & D)	405 206 211 240 275 354-442	Cowboy BBQ Burger(L) Classic Corn Dogs (D) French Fries (L) Steak Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar / with Spinach Dip (L & D)	431 301 240 275 275 442/459	Philly Cheese Burger (L) Spicy Chicken Sandwich Tater Tots (L) Crinkle Cut Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar Spicy/Mild (L & D)	466 522 237 237 275 354-442	Smoked Sausage Dog (L) Chicken Philly (D) French Fries (L) French Fries (D) Baked Potato Bar (L & D)(VG)(GFR) Nachos Bar / with Spinach Dip (L & D)	472 372 240 240 275 442/459
Cheese Pizza Pepperoni Grilled Vegetable(VG) Daily Pizza Special	840 1448 860	Cheese Pizza Chicken Sausage Meatless Hamburger(VG) Daily Pizza Special	840 933 913	Cheese pizza Pepperoni BBQ Chicken Daily Pizza Special	840 1448 1033	Cheese pizza Ham & Pineapple Chickenless Buffalo(VG) Daily Pizza Special	840 906 964	Cheese Pizza Pepperoni Grilled Vegetable(VG) Daily Pizza Special	840 1448 860	Cheese Pizza Chicken Sausage Meatless Hamburger(VG) Daily Pizza Special	840 933 913	Cheese Pizza Pepperoni Grilled Vegetable(VG) Daily Pizza Special	840 1448 860
Lemon Pepper Rotisserie Chicken(GFR) Baked Fish Shrimp Fried Rice Steamed Rice Steamed Broccoli Veggie Eggroll Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	369 482 369 218 54 387 145/172 184-420 232	Honey barbecue Ribs Baked Fish Cajun Rotisserie Chicken(GFR) Parslied Red Potatoes Steamed Broccoli Corn on Cobb Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	549 482 369 54 162 145/172 184-420 232	Rotisserie Chicken Vegan Meatless Paella(TLC & V) Steamed Broccoli Garlic Mashed Potato Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	382 191 54 170 145/172 184-420 232	Rosemary Garlic Rotisserie Chicken Oven Roasted Potato & Spinach Frittata (TLC & VG) Steamed Rice Broccoli Spears w/Cheese Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	382 366 218 91 145/172 184-420 232	Chipotle Rotisserie Chicken Tempura Fried Zucchini Baked Fish Rice Pilaf Navy Beans Malibu Blend Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	309 366 482 170 145/172 184-420 232	Baked Fish w/ Peppers & Onions Roasted Corn & Black Beans w/ Rice Lemon Pepper Rotisserie Chicken(GFR) Spanish Rice Malibu Veggie Blend Mexican Baked beans Dinner Rolls,ComBread Churros,Cookies, Cakes , Pies Cobbler	369 482 221 48 126 145/172 184-420 232	Cavittappi w/ Chicken & Vegetables Rotisserie Chicken Blacken Fish Roasted Red Potatoes Mixed Vegetables Steamed Broccoli Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	681 124 147 100 74 54 145/172 184-420 232
Shrimp Lo Mein Baked Fish Lemon Pepper Rotisserie Chicken(GFR) Steamed Rice Steamed Broccoli Spears Capri Vegetable Medley Dinner Rolls,ComBread Cookies, Cakes, Pies Cobbler	213 482 369 218 33 145/172 184-420 232	Tempura Fried Fish Veggie Stir fry BBQ Rotisserie Chicken(GFR) Yellow Rice Cabbage Malibu Blend Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	295/142 215 369 175 71 145/172 184-420 232	Teriyaki Chicken Legs Stuffed Eggplant VG Baked Lemon Pepper Fish Roast Red Skin Potatoes Malibu Blend Brussel Sprouts Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	441/173 138 369 165 47 145/172 184-420 232	Carving Tom Turkey(GFR) w/Combread Dressing Portobello stuffed w/corn & Roasted Tomatoes VG Sliced Roast Beef w/ Au Jus Cajun Rice Pilaf Steamed Broccoli Steamed Baby Carrots Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	441/173 138 369 224 54 51 145/172 184-420 232	Old Bay Rotisserie Chicken Spaghetti & Meat Sauce Herb Crusted Flounder Rice & Gravy Sauteed Cabbage Steamed Broccoli Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	166 482 482 170 71 54 145/172 184-420 232	Lemon Pepper Salmon Whole Wheat Ziti w/ Roasted Veggies VG Lemon Pepper Rotisserie Chicken(GFR) Garlic Smashed Potatoes Normandy Cut Vegetable Blend Steamed Broccoli Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	166 369 170 51 54 145/172 184-420 232	Fried Chicken Vegan Lasagna V Cajun Baked Fish (TLC) Yellow Macaroni & Cheese Candied Yams Mixed Greens Buttered Rolls, ComBread Cookies, Cakes, Pies Cobbler	681 124 147 196 246 44 145/172 184-420 241