

Week 4 Breakfast and Lunch Menu

	Monday 3-Dec	Tuesday 4-Dec	Wednesday 5-Dec	Thursday 6-Dec	Friday 7-Dec	Saturday 8-Dec	Sunday 9-Dec
	Scrambled Eggs V DF Blueberry Pancakes Sausage Patty GF DF Home Fries VA GF Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Scrambled Eggs V DF Cinnamon French Waffle V Bacon GF DF O'Brien Potatoes VA GF Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Breakfast Pizza Scrambled Eggs V DF Sausage Links GF DF Tater Tots VA Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Bacon Cheddar Scramble French Toast V DF Sausage Patty GF DF Shredded Hash Browns VA GF Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Sausage, Egg and Cheese Muffin Scrambled Eggs V DF Turkey Bacon GF DF Hash Brown Patty VA Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Cheddar Chive Scrambled Eggs V Sausage Gravy & Biscuit Sausage Links GF DF Lyonnaise Potatoes VA GF Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order	Continental Breakfast Sausage Gravy & Biscuit Assorted Pastries V Waffle Bar V Fresh Fruit & Yogurt V GF Bagels & Spreads V Cage Free Eggs and Omelets to Order
	Beef Fritter Steak with Gravy Curry Squash and Red Onion VA GF Mashed Potatoes V GF Corn VA	Ancho Fettuccini Alfredo V Blackened Chicken Tenderloin GF DF Roasted Cauliflower VA Chili Rice VA	Mushroom & Beef Stroganoff Broccoli VA GF Steamed Carrots VA GF Assorted Rolls V	Cranberry Pork Chops GF DF Vegetable Primavera V GF Roasted Root Vegetables VA GF Wild Rice V	Fried Fish Mac & Cheese V Garlic Broccoli VA GF Tartar Sauce V DF	Sweet & Sour Pork Stirfry DF Jasmine Rice VA GF Fresh Sesame Peas VA GF Fortune Cookies VA	Creamy Chicken Buttermilk Biscuits V Mashed Potatoes V GF Fresh Mixed Vegetables VA GF
	Bacon Ranch Cheddar Pizza Pepperoni Pizza Cheese Pizza V Gluten Free Pizza Dough-Daily	Cheese Pizza V French Bread Pizza Meatball Parm Pizza Gluten Free Pizza Dough-Daily	Cuban Calzone Roasted Onion Pizza V Pepperoni Pizza Gluten Free Pizza Dough-Daily	BBQ Chicken Flatbread Cheese Pizza V Sausage Pepper Pizza Gluten Free Pizza Dough-Daily	Pepperoni Pizza Hawaiian Pizza Cheese Pizza V Gluten Free Pizza Dough-Daily	Cheese Pizza V Pepperoni Pizza Gluten Free Pizza Dough-Daily	Cheese Pizza V Pepperoni Pizza Gluten Free Pizza Dough-Daily
	Apple Glazed Ham GF DF Roasted Rosemary Potatoes VA GF Broccoli VA GF	Tilapia Florentine GF DF Chili Rice VA GF Roasted Cauliflower VA GF	Sazon Pork GF DF Rice con gandules VA GF Plantains VA GF	Chicken & Sausage Stew GF DF Brown Rice VA GF Roasted Root Vegetables VA GF	Cilantro Lime Chicken GF DF Cumin Black Beans VA GF Yellow Rice VA GF	Turkey London Broil GF DF Baked Sweet Potatoes VA GF Garlic Broccoli VA GF	Baked Ham GF DF Frenched Green Beans VA GF Caramelized Carrots VA GF
	Chana Masala VA GF Yellow Rice VA GF	Ratatouille VA GF Roasted Red Potatoes VA GF	Crispy Tofu Piccata V GF Rice Pilaf VA GF	Edamame Succotash VA GF Black Bean Burger DF	Green Beans W/Tomato & Pine Nuts VA GF Basmati Rice VA GF	Bruschetta Bar VA GF Hummus & Naan V	Vegan Nacho Bar VA
	Popcorn Bar Shrimp & Chicken French Fries VA Tuna Salad Wrap Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	Mushroom Swiss Burger Lettuce & Tomato VA GF French Fries VA Chicken Fajita Tortilla Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	Golden BBQ Chicken DF Pasta Salad V French Fries VA Egg & Olive Rye Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	French dip Aujus Tator Tots VA Spokane Wrap V Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	Garbage Plate Macaroni Salad V Homefries VA Beef & Cheddar Ciabatta Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	Reuben French Fries VA Deli Station Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs	Roast Beef Philly French Fries VA Deli Station Made To Order Grilled Cheese, Burgers, Chicken Breast, Hot Dogs
	Rice Noodles and Shrimp Tuna salad DF	Turkey Avocado Salad Chicken Salad DF	Roasted Corn and Cilantro VA Egg Salad DF	Tabbouleh VA Buffalo Chicken Salad	Black Bean Hummus and Pita V Chicken Salad DF	Caesar Salad Egg Salad DF	Chef Salad Tuna Salad DF
	Chicken Noodle Soup Cream of Mushroom Soup V	Minestrone V Clam Chowder	Chicken Tortellini Soup Cheesy Potato Soup V	Italian Sausage Soup Corn Chowder V	Turkey Wild Rice Vegetable Soup Broccoli Cheddar V	Chicken Gumbo Soup du Jour V	Mexican Black Bean V Soup du Jour

* 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.

* Menu items are subject to Change based on Availability. We will do our best to notify you of changes as they occur.