

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Buttermilk Pancakes with Bananas Foster, Sausage and Fresh Fruit</p> <p>Lightly Crusted Tilapia Sandwich on a Whole Grain Bun w/Cheese, Lettuce, Tomato Slice, and Tartar Sauce / Cilantro Coleslaw / Cubed Watermelon / Milk</p> <p>Vegetables and Homemade Dip w/Milk</p>	<p>2</p> <p>Cheesy Scrambled Eggs, Breakfast Ham, WG Toast</p> <p>Cajun Chicken Rigatoni w/Mushrooms, Peppers, and Onion on Whole Grain / Mixed Berries / Garlic French Bread / Milk</p> <p>Fresh Berries & Cottage Cheese w/Milk</p>	<p>3</p> <p>Bacon & Cheddar Quiche, Toast with Fresh Fruit</p> <p>Nachos Supreme w/ Homemade Queso, Pico de Gallo, and Sour Cream with Whole Grain / Fresh Pineapple / Milk</p> <p>Apple Slices with Peanut Butter w/Milk</p>	<p>4</p> <p>Breakfast Sandwich on English Muffin with Fresh Fruit</p> <p>Alice Springs Chicken / Baked Potato / Roasted Asparagus / Mixed Fruit Salad / Whole Grain Roll / Milk</p> <p>Cheese Cubes & WG Crackers w/Milk</p>	<p>5</p> <p>Biscuits & Turkey Sausage Gravy</p> <p>Fettucine Pasta with Bolognese Sauce / Chopped Romaine Salad / Whole Grain Garlic Bread / Fresh Grapes / Milk</p> <p>Banana Slices with Homemade Hazelnut Spread w/Milk</p>
<p>8</p> <p>Grits with Breakfast Sausage, Whole Grain Toast & Fresh Fruit</p> <p>Grilled Chicken Breasts with Herb Butter / Mushroom Risotto / Roasted Asparagus / Fresh Strawberries / Milk</p> <p>Yogurt Smoothie w/Milk</p>	<p>9</p> <p>French Toast with Fresh Berry Compote and Breakfast Sausage</p> <p>Braised Beef Short Rib / Creamy Polenta / Seasoned Mixed Greens / Fresh Grapes / Milk</p> <p>Homemade Banana Bread w/Milk</p>	<p>10</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>Grilled Cheese Sandwich on Multigrain Bread / Tomato Bisque / Fruit Salad / Milk</p> <p>Deviled Eggs w/Milk</p>	<p>11</p> <p>Hearty Oatmeal with Dried Fruit</p> <p>Marinated Chicken Gyro with Lettuce, Tomato, Onion, and Tzatziki Sauce / Warm Pita Bread / Diced Watermelon / Milk</p> <p>Meat & Cheese Plate w/Milk</p>	<p>12</p> <p>Breakfast Pizza with Egg, Fresh Fruit</p> <p>BBQ Chicken Pizza / Garden Vegetable Pasta Salad / Breadstick / Broccoli Salad / Milk</p> <p>Homemade Salsa & Tortilla Chips w/Milk</p>
<p>15</p> <p>Buttermilk Pancakes with Bananas Foster, Sausage and Fresh Fruit</p> <p>Buttermilk Marinated Chicken Tenders / Smoked Gouda Mac & Cheese / Cole-slaw / Mixed Fruit Salad / Milk</p> <p>Vegetables and Homemade Dip w/Milk</p>	<p>16</p> <p>Cheesy Scrambled Eggs, Breakfast Ham, WG Toast</p> <p>Stewed Ham and Beans w/Diced Onion Garnish / Baked Apples / Honey Cornbread / Milk</p> <p>Fresh Berries & Cottage Cheese w/Milk</p>	<p>17</p> <p>Bacon & Cheddar Quiche, Toast with Fresh Fruit</p> <p>Meatloaf w/Smokey Tomato Glaze / Mashed Redskin Potatoes / Sauteed Cabbage / Whole Wheat Roll / Fresh Grapes / Milk</p> <p>Apple Slices with Peanut Butter w/Milk</p>	<p>18</p> <p>Breakfast Sandwich on English Muffin with Fresh Fruit</p> <p>Chicken Salad w/Diced Apples, Grapes, and Dried Cranberries / Broccoli Cheddar Soup / Whole Wheat Roll / Milk</p> <p>Cheese Cubes & WG Crackers w/Milk</p>	<p>19</p> <p>Biscuits & Turkey Sausage Gravy</p> <p>Oven-Fried Catfish w/Remoulade / Cheesy Grits / Seasoned Mixed Greens / Mixed Fruit Salad / Milk</p> <p>Banana Slices with Homemade Hazelnut Spread w/Milk</p>

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<p>22</p> <p>Grits with Breakfast Sausage, Whole Grain Toast & Fresh Fruit</p> <p>Tuna Salad on Whole Grain Croissant / Garden Vegetable Soup / Mixed Fruit Salad / Milk</p> <p>Yogurt Smoothie w/Milk</p>	<p>23</p> <p>French Toast with Fresh Berry Compote and Breakfast Sausage</p> <p>Pan-Seared Ranch Chicken Sandwich on Brioche Bun / Lettuce, Tomato, and Pickle / Roasted Fingerling Potatoes / Grapes / Milk</p> <p>Homemade Banana Bread w/Milk</p>	<p>24</p> <p>Biscuits & Turkey Sausage Gravy and Fresh Fruit</p> <p>Lightly-Breaded Tilapia Picatta w/Lemon Caper Sauce / Mushroom Rissotto / Brussels Sprouts / Strawberry Kiwi Medley / Milk</p> <p>Deviled Eggs w/Milk</p>	<p>25</p> <p>Hearty Oatmeal with Dried Fruit</p> <p>Southern Gumbo w/Shrimp, Chicken, and Chicken Sausage in Rich Sauce / Basmati Rice / Oven-Fried Green Tomatoes / Garlic French Bread / Mixed Fruit Salad / Milk</p> <p>Meat & Cheese Plate w/Milk</p>	<p>26</p> <p>Breakfast Pizza with Egg / Fresh Fruit</p> <p>Pulled BBQ Chicken Sandwich / BBQ Baked Beans / Coleslaw / Fresh Grapes / Milk</p> <p>Homemade Salsa and Tortilla Chips w/Milk</p>
<p>29</p> <p>Buttermilk Pancakes with Bananas Foster, Sausage and Fresh Fruit</p> <p>Reuben Sandwich w/Sauerkraut, Swiss, and Thousand Island Dressing on Rye / Potato and Chive Soup / Kosher Pickle Spear / Strawberry Kiwi Medley / Milk</p> <p>Vegetables and Homemade Dip w/Milk</p>	<p>30</p> <p>Cheesy Scrambled Eggs, Breakfast Ham, WG Toast</p> <p>BLT Chicken Salad Wrap w/Buttermilk Ranch Dip / Roasted Fingerling Potatoes / Canteloupe and Honeydew Medley / Milk</p> <p>Fresh Berries & Cottage Cheese w/Milk</p>	<p>*** Menu is subject to change based on ingredients availability ***</p>		
<p>Breakfast is served from 8:00-9:00am daily and is listed in gold. A continental breakfast assortment is available for guests who arrive after 9:00am.</p> <p>Afternoon snacks are served at 3:30pm daily and are listed in green.</p>	<p>An assortment of beverages are available daily, including water, juice, coffee, tea and milk.</p> <p>A chef's salad or grilled cheese alternative is available daily for the lunch main course.</p>			