

Upper Week 11/26- 12/2	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MON</b>	Fresh fruits, juice, yogurt Hot and cold cereals French toast, syrup, butter, powdered sugar Hard boiled eggs	Salad Bar Tomato bisque soup Grilled cheese: plain cheese; pastrami & cheese; tomato, jalapeno & cheese Brown rice Sliced peaches	Salad Bar ( <b>Dress Dinner</b> ) Rosie's BBQ chicken breast Fresh veggies Tofu Rice pilaf Rolls & butter Birthday cake
<b>TUE</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Hashbrowns	Salad Bar Muligatawny soup Sliced cold turkey & ham Cheese Hummus & quinoa tabouli	Salad Bar Spaghetti with sausage & mushroom sauce Spaghetti marinara Mixed veggies Focaccia
<b>WED</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Waffles, syrup Bacon & veggie sausage Hard boiled eggs	Salad Bar Spicy butternut squash soup Nacho bar Spanish rice & beans Salsa & sour cream Fruit salad	Salad Bar Miso soup Grilled pork chops Roasted yams Fresh veggies Rolls & butter Rice Krispy treats
<b>THURS</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Hashbrowns	Salad Bar Veggie soup Pasta Bar: Chef's choice Sautéed fresh veggies Baguettes Cookies	Salad Bar Miso soup Baked chicken Baked potatoes H.P. veggie patties Fresh veggies Rolls & butter Fruit
<b>FRI</b>	Fresh fruit, juice, yogurt Hot & cold cereal Asst. Breads, jam & butter Pancakes, syrup Sausage & veggie sausage Hard boiled eggs	Salad Bar Soup BBQ burgers: vegan; vegetarian; turkey; beef Chili beans French fries	Salad Bar Baked fish Rice pilaf Fresh veggies Rolls & butter
<b>SAT</b>	Fresh fruit, juice, yogurt Hot & cold cereal Asst. breads, jam, peanut butter Hard & soft boiled eggs Hash browns	Salad Bar Turkey & cheese sandwiches Peanut butter & jelly sandwiches	Salad Bar Chile Colorado & tortillas Rice & beans Salsa, chips, sour cream Guacamole Fruit

<b>SUN</b>	Fresh fruit, juice, yogurt Hot & cold cereal Asst. breads, jam, peanut butter Fried eggs, grilled ham Home fried potatoes	Salad Bar <b>Brunch</b> Hash browns <b>Biscuits &amp; gravy</b>	Salad Bar Roast turkey & gravy Mashed potatoes Fresh veg. Rolls fruit
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