

UPPER 1/14-20			
MON	Fresh fruits, juice, yogurt Hot and cold cereals French toast, syrup, butter Hard boiled eggs	Salad bar Moroccan veggie soup Grilled cheese: plain cheese; ham & cheese; or balsamic onion, smoked mozzarella & arugula Quinoa pilaf Peaches	Salad Bar Spaghetti: marinara, or sausage & mushroom sauce Sautéed veggies Focaccia Fruit
TUE	Fresh fruits, juice, yogurt Hot and cold cereals Scrambled eggs Hash browns Asst. breads, jam & butter	Salad Bar Split pea soup Wraps: Chicken Caesar, or kale veggie Caesar Chips Cookies	Salad Bar Turkey meatloaf & gravy Mashed potatoes Fresh veggie Rolls Fruit
WED	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Waffles, syrup Sausage & veggie sausage Hard boiled eggs	Salad Bar White bean veggie soup Pizza: Chef's choice Mixed veggies Fruit	Salad Bar Indian spiced chicken Indian spiced tofu Cauliflower Flat bread Rice Krispy bars
THUR 9th back for dinner	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Home fries	Salad Bar Chicken cilantro lime soup Quesadillas & taquitos (beef) Rice & beans Salsa, guacamole, sour cream Tangerines	Salad Bar Tomato soup Beef in red wine Tempeh Boiled potatoes, butter & parsley Fresh veggies Baguettes Fruit
FRI	Fresh fruit, juice, yogurt Hot & cold cereal Asst. breads, jam & butter Pancakes, syrup Bacon & veggie sausage Hard boiled eggs	Salad Bar Soup du jour Barbecue hamburgers: beef, turkey, or veggie Chilli beans Chips	Salad Bar Noodle bowls with meats & broth Tofu & stir fry veggies Sauces Rice Fruit
SAT	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter	Salad bar Cold cuts & fruit	Salad Bar Fish tacos Rice and beans Salsa, sour cream Fruit salad
SUN	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Fried eggs Hash browns	Salad Bar BRUNCH Grilled ham Cinnamon rolls Hot chocolate	Salad Bar Chicken in white wine sauce Egg noodles & brown rice Fresh veggies Rolls Cookies