

Upper Campus Week of 1/30-2/5	BREAKFAST	LUNCH	DINNER
MON	Fresh fruits, juice, yogurt Hot and cold cereals French toast, syrup, butter Hardboiled eggs G.F. Overnight Oats VG, G.F.	Salad Bar Miso soup VG, G.F. Sliced cold cuts & cheese G.F. Bread on request Relish tray Peaches VG, G.F.	Salad Bar Fettucine alfredo sauce w/ broccoli & chicken Fettuccine in marinara sauce Sautéed veggies Fruit
TUE	Fresh fruits, juice, yogurt Hot and cold cereals Assorted breads, jam, butter Scrambled eggs, tator tots Overnight oats G.F. VG	Salad Bar White bean veggie soup VG, G.F. Pizza: Cheese, sausage, Hawaiian, veggie VG , or G.F. cheese Sautéed veggies	Salad Bar Barbecue shredded pork sandwiches Oven fries Fresh veggies Apple crisp
WED	Fresh fruits, juice, yogurt Hot and cold cereals Assorted breads, jam, butter Waffles, syrup Bacon & veggie sausage VG Hardboiled eggs G.F. Overnight oats G.F., VG	Salad Bar Burritos: beef in red sauce Tofu in red sauce VG, G.F. Corn tortillas G.F. & flour tortillas Bean & cheese Rice & beans VG, G.F. Salsa, sour cream Tangerines	Salad Bar Noodle Bar with assorted meats, veggies & sauces Rice Veggies Fruit
THURS	Fresh fruits, juice, yogurt Hot and cold cereals Assorted breads, jam, butter Scrambled eggs Hash browns Overnight oats G.F. VG	Cream of tomato soup Chef's Salad Bar: turkey, ham, cheese & tofu G.F. La Brea Bread Sheet cake	Salad Bar Chicken in pineapple sauce Rice Fresh veggies Fruit
FRI	Fresh fruits, juice, yogurt Hot and cold cereals Assorted breads, jam, butter Pancakes, syrup Sausage & veggie sausage VG Hardboiled eggs G.F. Overnight oats G.F. VG	Salad Bar Soup du jour Barbecue chicken G.F. Tofu in curry sauce VG Veggies	Salad Bar Salmon teriyaki Rice pilaf Fresh veggies Rolls
SAT	Fresh fruit, juice, yogurt Hot & cold cereals Assorted breads, butter & jam Fried eggs & potatoes	BRUNCH	Salad Bar Tostadas Rice & beans Chips, salsa, sour cream Fruit salad
SUN	Fresh fruits, juice, yogurt Hot and cold cereals Assorted breads, jam, butter Omelets: ham, green onion & cheese, or plain cheese	BRUNCH Hash browns	Salad Bar Roast turkey & gravy Mashed potatoes Green peas Rolls & butter Fruit