

Lower Campus	BREAKFAST	LUNCH	DINNER
MON	Fresh fruits, juice, yogurt Hot and cold cereals French toast and syrup Toast, jam, butter H.B. EGGS G.F. Overnight oats G.F VG	Salad Bar Curry Zucchini soup G.F. VG Sloppy Joes Tofu teriyaki Peaches	Salad Bar Spaghetti marinara Spaghetti and meatballs Fresh veggies Focaccia
TUE	Fresh fruits, juice, yogurt Hot and cold cereals Bagels and cream cheese Scrambled eggs & Hash browns Overnight oats G.F. VG	Salad bar White bean veg. soup G.F. Pizza: cheese, sausage & cheese, pesto, tomato & cheese No cheese G.F. Mixed veggie	Salad Bar Beef curry Fresh veggies Rice Flat bread Fruit
WED	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Waffles and sausage Veggie sausage H.B. EGGS G.F. Overnight oats G.F., VG	Salad Bar Tortillas soup VG, G.F. Tacos: turkey & vegan G.F Rice & beans G.F, VG All the trimmings Tangerines	Salad Bar Baked chicken teriyaki Stir fry veggies Rice Fruit
THURS.	Fresh fruits, yogurt, juice Hot and cold cereal Asst. breads and jam Eggs and hash browns Overnight oats G.F., VG	Salad Bar Miso soup VG G.F. French dip au jus Chana Dal VG broccoli Rice Brownies	Salad Bar Roasted pork tenderloin Oven fries Fresh veggies Garlic bread
FRI	Fresh fruits, yogurts, juice Hot & cold cereal Asst. breads and jam Pancakes bacon & veg. sausage H.B. Eggs Overnight oats G.F, VG	Salad bar Soup Du Jour Smorgasbord G.F. VG Mixed veggies rice	Dinner at Upper Campus
SAT. Brunch	Fresh fruit, yogurts, juice Hot & cold cereals Asst. breads jam & butter Eggs & potatoes, sausage		Salad Bar Chicken soft tacos Rice & beans Salsa, guacamole & sour cream
SUN. Brunch	Fresh fruit, yogurts, juices Hot & cold cereals Asst. breads, jam & butter Fried eggs, Bacon, potatoes		Salad Bar Burgers: asst. Ranch beans Relish tray Cookies