

Upper Campus	BREAKFAST	LUNCH	DINNER
	Fresh fruits, juice, yogurt Hot and cold cereals French toast, syrup, butter Overnight oats H.B. Eggs <b>G.F.</b> Overnight oats <b>VG, G.F.</b>	Salad Bar Veg. soup <b>G.F. VG</b> Sloppy Joes <b>G.F.</b> Tofu teriyaki peaches	Salad Bar Ravioli: mushrooms, cheese & beef Marinara sauce Fresh veggies Focaccia
<b>TUE</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs, hash browns Overnight oats <b>G.F. VG</b>	Salad Bar Curry zucchini soup <b>G.F.</b> BBQ shredded pork sands or BBQ chicken BBQ temphe <b>VG, G.F</b> Coleslaw brownies	Salad Bar Roasted pork tenderloin Baked chicken Oven fries Fresh veg. Rolls & butter
<b>WED</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter waffles, syrup, veg. sausage Overnight oats <b>G.F. VG</b> H.B. eggs <b>G.F.</b>	Salad Bar tortilla soup <b>VG. G.F.</b> Tacos: turkey & vegan <b>G.F.</b> Rice & beans <b>G.F. VG</b> Salsa, sour cream fruit	Salad Bar Chicken won ton soup Orange chicken Tofu teriyaki broccoli Eggs rolls rice
<b>THUR</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Hash browns Overnight oats <b>G.F. VG</b>	Salad Bar White bean soup <b>VG, G.F.</b> Pizza: Chef's choice Pesto, tomato & cheese No cheese Saute veggies	Salad Bar French dip Au jus French fries Fresh veggie
<b>FRI</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter pancakes, syrup Veg. sausage & bacon H.B. eggs <b>G.F.</b> Overnight Oats <b>G.F. VG</b>	Salad Bar Soup du jour It's a Wrap: Chicken Caesar w/ tomatoes & cucumbers Hummus & veggie Pasta salad	Salad Bar Burgers: beef, turkey & vegan Relish tray Chips Chili beans (Lower students join for dinner)
<b>SAT</b>	Fresh fruits, juice, yogurt- Hot and cold cereals Asst. bread, jam, butter Scrambled eggs & hash browns	Lunch 11:45 Salad bar Turkey & cheese sands Relish tray	Salad Bar Tostadas: Rice and beans, guacamole Salsa, sour cream Fruit salad
<b>SUN</b>	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Fried eggs and home fried potatoes	<b>BRUNCH</b> Cinnamon rolls bacon	Salad Bar Smorgasbord