

# Week 3 Breakfast and Lunch Menu



	Monday 9-Sep	Tuesday 10-Sep	Wednesday 11-Sep	Thursday 12-Sep	Friday 13-Sep	Saturday 14-Sep	Sunday 15-Sep
	GF V Scrambled Eggs GF Turkey Sausage Patty Bacon V Belgian Waffle GF V Potatoes O'Brien GF V Grits GF V Cage Free Eggs Made to Order Omelet Station	V Scrambled Eggs GF Turkey Bacon GF Sausage Patties V Buttermilk Pancakes GF V Baked Hash Brown Patty V Honey Cream Of Wheat GF V Cage Free Eggs Made to Order Omelet Station	V Cheesy Eggs GF Sausage Links GF Corn Beef Hash V French Toast Sticks GF V Shredded Hash Browns V Banana Oatmeal GF V Cage Free Eggs Made to Order Omelet Station	V Scrambled Eggs GF Sausage Gravy with Biscuits GF Turkey Sausage Links V Blueberry Pancakes GF V Tater Tots GF V Cage Free Eggs Made to Order Omelet Station	GF V Scrambled Eggs GF Turkey Bacon GF Pork Sausage Links V Maple Oven Baked Cinnamon Rolls GF V Home Fries V Granola Oats GF V Cage Free Eggs Made to Order Omelet Station	GF V Scrambled Cheesy Eggs GF Crispy Bacon GF Turkey Sausage V French Toast Sticks GF V Potatoes O'Brien V Cream Of Wheat GF V Cage Free Eggs Made to Order Omelet Station	GF V Scrambled Eggs GF Turkey Bacon GF Sausage Links V Waffle GF V Tater Tots V Cinnamon Oatmeal GF V Cage Free Eggs Made to Order Omelet Station
	<b>Macaroni and Cheese Bar</b> Bacon Crumbles, Carmelized Onion, Red and Green Peppers, Diced Chicken, Crumbled Sausage, Chives	<b>Carved Beef Roast</b> Beef Gravy, Artisan Dinner Rolls Braised Apples	<b>Chicken Shwarma</b> Pita, Shwarma Chicken, Tatziki Diced Tomatoes, Diced Cucumbers, Shredded Lettuce	<b>General Tso Chicken Stir Fry</b> Fried Rice, Peas, Diced Carrots, Diced General Tso Chicken Sauteed Red and Green Peppers	<b>Smoothie Bar</b> Mixed Berries, Mango, Bananas Yogurt, Apple Juice, Ice		
	Italian Melt	BBQ Turkey Wrap	Chicken Caesar Wrap	Tuna Salad Wrap	Chicken Bacon and Avocado Sandwich		
	Self Serve	Self Serve	Self Serve	Self Serve	Self Serve		
	GF V TriColor Coleslaw GF Peri Peri Chicken V White Rice GF Briased Chic Pea and Cherry Tomato GF Collard Greens	GF V Greek Ssalad GF Flank Steak GF V Black Bean Sofrito GF Steamed Asparagas GF Acorn Squash Wedges	GF V Men Quinoa Salad GF Jambalaya GF V Cajun Rice GF Vasted Tomatoes and Mushrooms GF V Steamed Broccoli	V Tabouille with Pita Chips GF Spinach Stuffed Pork Loin V Quinoa Pilaf GF V California Blend Vegetables GF V Steamed Yellow Squash	GF V Broccoli Salad GF Fish and Chips GF Garlicy Sauteed Spinach GF V Ratatouille		
	V Cheese Pizza V Pepperoni Pizza V Greek Chicken Pizza V Penne V Marinara and Alfredo	V Cheese Pizza V Pepperoni Pizza V Chicken Fajita Pizza V Spaghetti V Pesto and Alfredo	V Cheese Pizza V Pepperoni Pizza V Italian Sausage Pizza V Cavatappi V Marinara and Alfredo	V Cheese Pizza V Pepperoni Pizza V Garlic Bread V Ziti V Alfredo and Pesto	V Cheese Pizza V Pepperoni Pizza V Spinach and Ricotta Pizza V Penne V Marinara and Alfredo	V Cheese Pizza V Pepperoni Pizza Cavattappi Marinara and Alfredo	V Cheese Pizza V Pepperoni Pizza Cavattappi Marinara and Alfredo
	GF V Curry Tofu GF V White Rice GF V Collard Greens	GF Spicy Black Bean Cakes GF V Steamed Asparagus GF V Acorn Squash Wedges	GF GF Pizza's GF V Steamed Broccoli	GF V Vegan Gumbo GF V Quinoa Pilaf GF V California Blend Vegetables	GF V Vegetable Fried Rice GF V Garlicy Sauteed Spinach		
	Carolina Style Pulled Pork Black Bean Bufger GF V Curly Fries	Grilled Chicken Parmesan Sandwich Spinach Quesadilla GF V Straight Cut Fries	Mango Chipotle Burger Buffalo Chicken Wrap GF V Crinkle Cut Fries	V Grilled Cheese with Apple and Bacon V Rueben GF V Waffle Fries	V Cuban V Grilled Peanut Butter and Banana Sandwich GF V House Made Chips	V Omelet GF V	Omelet GF V
	GF V TriColor Coleslaw	V Greek Ssalad	GF V Men Quinoa Salad	V Tabouille with Pita Chips	GF V Broccoli Salad		
	GF V Vegetable Rice Soup GF V Chicken Corn Chowder	GF V Italian Bean Soup GF V Bacon and Baked Potato Soup	V Minestrone Soup V Cheddar Chicken Soup	V Cream of Tomato Soup V Steak and Mushroom Soup	GF V Vegan Black Bean Soup GF V New England Clam Chowder	Turkey Noodle Soup Cream of Cauliflower Soup	Chicken Noodle Soup Cream of Broccoli Soup

\* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- Denotes Vegetarian Item
- Denotes Vegan Item
- Denotes Gluten-Free Item