

# Week 4 Breakfast and Lunch Menu



	Monday 16-Sep	Tuesday 17-Sep	Wednesday 18-Sep	Thursday 19-Sep	Friday 20-Sep	Saturday 21-Sep	Sunday 22-Sep
	Scrambled Eggs Pork Bacon Turkey Sausage Links Belgian Waffle Bar with Fruit Topping Potatoes O'Brien Grits Cage Free Eggs Made to Order Omelet Station	Scrambled Eggs Turkey Bacon Sausage Pork Patty Buttermilk Pancakes Baked Hash Brown Patty Honey Cream Of Wheat Cage Free Eggs Made to Order Omelet Station	Cheesy Eggs Cornbeef Hash Turkey Sausage Patties French Toast Sticks Shredded Hash Browns Cranberry Oatmeal Cage Free Eggs Made to Order Omelet Station	Scrambled Eggs Sausage Gravy with Housemade Biscuits Seared Rope Sausage French Toast with Apple Topping Tater Tots Cheesy Grits Cage Free Eggs Made to Order Omelet Station	Scrambled Eggs Turkey Bacon Pork Sausage Links Hot Maple Cinnamon Rolls Home Fries Cinnamon Oats Cage Free Eggs Made to Order Omelet Station	Scrambled Eggs Crispy Bacon Turkey Sausage Chocolate Chip Waffles Casserole Tater Tots Grits Cage Free Eggs Made to Order Omelet Station	Scrambled Eggs Turkey Bacon Sausage Links French Toast Potatoes O'Brien Oatmeal Cage Free Eggs Made to Order Omelet Station
	<b>Wings</b> Plain Wings, Baked Buffalo Sauce, BBQ Sauce, Sweet Tai Tater Tots Celery and Carrot Sticks	<b>Carved Turkey</b> Chicken Gravy Dinner Rolls, Sauteed Apples	<b>Oriental Salad Bowl</b> Spring Mix, Diced Chicken, Mandarin Oranges Crispy Noodles, Asian Dressing Shredded Kale	<b>Taco Bar</b> 6" Tortilla, Ground Beef, Shredded Lettuce Diced Tomatoes, Salsa, Sour Cream Diced Red Onions Black Olives	<b>Smoothie Friday</b> Strawberry Banana Blueberrie Pineapple Milk Apple Juice Yogurt		
	Italian Melt Self Serve Brussel Sprout Salad	BBQ Turkey Wrap Self Serve Greek Quinoa Salad	Chicken Caesar Wrap Self Serve Autumn Kale Salad	Tuna Salad Wrap Self Serve Pickled Farro Salad	Chicken Bacon and Avocado Sandwich Self Serve Wheatberry and Black Bean Salad		
	Meatball Stroganoff Egg Noodles Sauteed Spinach Glazed Baby Carrots	Chicken Parmesan Baked Ziti Roasted Cauliflower Steamed Broccoli	Fried Chicken Mac and Cheese Collard Greens Roasted Beets	Sloppy Joes Ranch Wedges Capri Blend Peas	Baked Tilapia Wild Rice Roasted Corn Steamed Green Beans	Omelet Station	Omelet Station
	Cheese Pizza Pepperoni Pizza Broccoli and Cheese White Pizza Penne Marinara and Alfredo	Cheese Pizza Pepperoni Pizza BBQ Chicken Stramboli Spaghetti Pesto and Alfredo	Cheese Pizza Pepperoni Pizza Cheeseburger Pizz Cavatappi Marinara and Alfredo	Cheese Pizza Garlic Bread Sticks Garlic Bread Sticks Ziti Alfredo and Pesto	Cheese Pizza Pepperoni Pizza Ham and Cheese Calzone Penne Marinara and Alfredo	Cheese Pizza Pepperoni Pizza Cavatappi Marinara and Alfredo	Cheese Pizza Pepperoni Pizza Cavatappi Marinara and Alfredo
	Root Vegetable Stew Glazed Baby Carrots Sauteed Spinach	Crispy Lemon Tofu Roasted Cauliflower Steamed Broccoli	Zucchini and Corn Tamale Casserole Collard Greens Roasted Beets	Roasted Red Pepper Tofu Capri Blend Peas	BBQ Tofu Wild Rice Steamed Green Peas		
	Monte Cristo Greek Burger Straight Cut Fries	Cheese Burger Texas Toast Grilled Cheese Crinkle Cut Fries	Blackbean Burger Tai Beef Burrito Curley Fries	Sriracha Turkey Burger Fried Pickles Waffle Fries	Broccoli and Cheese Quesadilla Beef Franks Straight Cut Fries	Omelet Station	Omelet Station
	Brussel Sprout Salad	Greek Quinoa Salad	Autumn Kale Salad	Pickled Farro Salad	Wheatberry and Black Bean Salad		
	Vegetable Chili Chinese Chicken Soup	Tomato Florentine Soup Crab Corn Chowder	Cream of Mushroom Soup Chicken Tortilla Soup	Cream of Tomato Soup Brown Rice Turkey Soup	Beer Cheese Soup New England Clam Chowder	Wisconsin Cheddar Soup Chicken Gumbo Soup	Wisconsin Cheddar Soup Chicken Gumbo 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