






# WEEKLY MENU CYCLE 1 BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Eggs	Eggs	Eggs	Eggs	Eggs
	Grits	Grits	Grits	Grits	Grits
	Bacon	Bacon	Bacon	Bacon	Bacon
	Sausage	Sausage	Sausage	Sausage	Sausage
	White Gravy	White Gravy	White Gravy	White Gravy	White Gravy
	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns
	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
		French Toast Sticks		French Toast Sticks	



## WEEKLY LUNCH MENU CYCLE 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Red Beans & Rice & Sausage Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Lyonnaise	Beef Tomato & Macaroni Cassero Oven Fried Pork Chop Escalloped Potatoes Fried Mushrooms Turnip Greens	Fried Chicken Spaghetti & Meatballs Mac & Cheese Baby Lima Beans Fried Squash	Chicken Pot Pie Beef Chopped Stk w/ Gravy Brown Rice Broccoli Cheese Souffle Whole Kernel Corn	Fried Catfish & Hushpuppies Gemelli Queso w/ Chicken Hashbrown Casserole Canned Yams Mustard Greens
HEALTHY CHOICE	Boneless Grilled Chicken Baby Carrots	Beef Stir Fry Sauteed Squash	Rosemary Chicken Roasted Vegetables	Chicken & Mushrooms French Green Beans	Blackened Catfish California Blend Vegetables
TRENDS	Pasta Bar w/ Marinara & Alfredo Sauce	Hot Dog Bar w/ Chili, Onions, & Relish	Baked Potato Bar w/ Cheese Sauce, Bacon Bits & Sour Cream	Oriental Express Egg Rolls & Veg Stir Fry w/ Noodles	Taco Bar w/ Hard/Soft Shells Meat, Cheese, Salsa
	Pizza	Pizza	Pizza	Pizza	Pizza
	Hamburger Chicken Tenders Grilled Chicken Sandwich Fries	Hamburger Chicken Tenders Hot Wings Fries	Hamburger & Chips Pork Rib Patty Sandwich Chips	Hamburger Chicken Tenders Mini Corn Dogs Fries	Hamburger Meatball Sub Chips
SOUPS	Broccoli Cheese	Chicken Noodle	Beef Vegetable	Minestrone	Cream of Potato




# WEEKLY SUPPER MENU CYCLE 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Salisbury Steak  Mashed Potatoes w/ Gravy French Green Beans	Beef Tacos  Baked Potato Fried Squash	Herb Baked Chicken  Rice Pilaf Seasoned Green Peas	Chicken & Rice  Corn on the Cob Fried Okra	Chicken Tenders Leftovers Broccoli w/ Cheese Tater Tots
TRENDS					
					
 	Hamburger Turkey & Cheese Sandwich Potato Chips	Hamburger Fish Sandwich Potato Chips	Hamburger Grilled Ham & Cheese Potato Chips	Hamburger Hot Roast Beef Potato Chips	
SOUPS					



## WEEKLY BREAKFAST MENU CYCLE 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Eggs	Eggs	Eggs	Eggs	Eggs
	Grits	Grits	Grits	Grits	Grits
	Bacon	Bacon	Bacon	Bacon	Bacon
	Sausage	Sausage	Sausage	Sausage	Sausage
	White Gravy	White Gravy	White Gravy	White Gravy	White Gravy
	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns	Hashbrowns
	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
		French Toast Sticks		French Toast Sticks	







## WEEKLY LUNCH MENU CYCLE 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Red Beans, Rice and Sausage Swiss Steak w/ Gravy Rice Cabbage Carrots w/ Honey Butter	Shrimp Scampi Asian Beef Stir Fry Confetti Rice Italian Green Beans Corn Nuggets	Fried Chicken Shepherd's Pie Potatoes O'Brien Turnip Greens Cinnamon Apples	Sweet & Sour Chicken Lasagna Fried Rice Speckled Butter Beans Sauteed Squash	Seafood Gumbo & Rice Ckn w/Alfredo Sauce & Pasta  Green Bean Casserole Field Peas w/ Snaps
	Shrimp Pineapple Stir Fry Steamed Broccoli	Baked Ham Bahama Blend	Baked Chicken Baked Sweet Potato	Veggie Pasta Prima Vera French Green Beans	Baked Lempn Pepper Fish Roasted Vegetables
<b>TRENDS</b>	Burrito & Enchilida Bar	Egg Roll & Japanese Veg	Nacho Bar w/ Chips Cheese Sauce, Chili, Sour Cream & Salsa	Pasta Bar	Chef's Choice
	Pizza	Pizza	Pizza	Pizza	Pizza
	Hamburger & Fries	Hamburger & Fries	Hamburger & Chips	Hamburger & Fries	Hamburger & Chips
 	Chicken Tenders Chicken Patty Sandwich  Ham, Turkey, Roast Beef, & Bologna	Chicken Nuggets Shrimp Po Boy  Ham, Turkey, Roast Beef, & Bologna	Chicken Fajita  Ham, Turkey, Roast Beef, & Bologna	Chicken Tenders Buffalo Wings  Ham, Turkey, Roast Beef, & Bologna	Hot Dogs w/ Chili  Ham, Turkey, Roast Beef, & Bologna
<b>SOUPS</b>	Vegetable Soup	Broccoli Cheese Soup	Chicken Noodle	Gumbo	Potato & Bacon



## WEEKLY SUPPER MENU CYCLE 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spaghetti & Meat Sauce  Roasted New Potatoes Mustard Greens	Hamburger Stk w/ Gravy  Brown Rice Field Peas	BBQ Chicken  Penne Pasta w/ Parmesan Cream Corn	Country Fried Stk w/ Gravy  Mashed Potatoes Crinkle Cut Carrots	Pepperoni Pizza Leftovers Cut Corn Fries
TRENDS					
					
 	Hamburger  Fish Sandwich  Potato Chips	Hamburger  Grilled Chicken Sandwich  Potato Chips	Hamburger  Pork Rib Sandwich  Potato Chips	Hamburger  Sloppy Joe  Potato Chips	
SOUPS					