Main Menu

Baked Sausage Patties
Canadian Bacon
Turkey Bacon
Sauteed Vegetables
Home Fried Potatoes
Boiled Eggs
Scrambled Eggs
French Toast
Individual Oatmeal
Individual Grits
Biscuits



When: 5 October 2024 Time: 0730 – 0900 hrs.

Cost: \$4.35

Breakfast Dessert

Blueberry / Banana Muffins Bran Muffins

Fitness Bar

Yogurt
Assorted Fresh Fruits
Shredded Cheese
Cottage Cheese
Fresh Cut Seasonal
Fruit
Assorted Cereals
Mixed Nuts

Main Menu

Roast Turkey
Baked Ham
Cheese Tortellini
Herbed Brown Rice
Caribbean Black Beans
Herbed Broccoli
Vegetable Stir Fry
Brown and Serve Rolls
Brown Gravy



When: 5 October 2024 Time: 1130 – 1300 hrs.

Cost: \$7.00

Salads

Fruit Gelatin
Zesty Rotini Salad
Red Potato Salad

Desserts

Brownies
Yellow Cake w/
Butter Cream Frosting

Short Order Menu

Chili Con Carne w/ Beans
Grilled Cheese Sandwich
Grilled Ham & Cheese Sandwich
Hot Dogs
Pizza
French Fries
Sandwich Bar

Main Menu

Mexican Pork Chops
Mexican Baked Chicken
Cheese Ravioli
Spanish Rice
Refried Beans w/Cheese
Hacienda Black Beans & Corn
Hacienda Green Beans
Brown & Serve Rolls
Chicken Gravy



When: 5 October 2024 Time: 1700 – 1830 hrs.

Cost: \$6.05

Salads

Fruit Gelatin Zesty Rotini Salad Red Potato Salad

Desserts

Brownies
Yellow Cake w/
Butter Cream Frosting

Short Order Menu

Grilled Cheese Sandwich
Grilled Ham & Cheese Sandwich
Chili con Carne w/ Beans
Hot Dogs
French Fries
Pizza
Sandwich Bar

Main Menu

Oven Fried Bacon
Chicken Sausage Patties
Vegetable Sausage Patties
Grilled Chicken Breast
Sauteed Vegetables
Cottage Fried Potatoes
Boiled Eggs
Scrambled Eggs
Cinnamon Brown Sugar
Pancakes
Individual Oatmeal
Individual Grits
Biscuits



When: 6 October 2024 Time: 0730 – 0900 hrs.

Cost: \$4.35

MENUS ARE SUBJECT TO CHANGE

Breakfast Dessert

Assorted Danishes
Bran Muffins

Fitness Bar

Main Menu

Glazed Turkey Meatloaf
Caribbean Beef Curry
Vegan Chili
Red Beans & Rice
Buttery Browned Potato
Wedges
California Blend
Green Beans w/ Herb
Vinaigrette
Hot Wheat Rolls
Brown Gravy



When: 6 October 2024 Time: 1130 – 1300 hrs.

Cost: \$7.00

Salads

Fruit Gelatin
Country Style Tomato Salad
Kidney Bean Salad

Desserts

Pound Cake
Yellow Cake w/
Chocolate Fudge Frosting

Short Order Menu

Grilled Cheese Sandwich
Grilled Ham & Cheese Sandwich
Corn Dogs
Baked Beans

French Fries

Turkey Burger Sandwich Bar

Main Menu

Salisbury Steak
Greek Lemon Chicken
Orzo with Spinach, Tomato and
Onion
Brown Rice
Mashed Sweet Potatoes
Parmesan Broccoli
Honey Ginger Carrots
Brown & Serve Rolls
Brown Gravy



When: 6 October 2024 Time: 1700 – 1830 hrs. Cost: \$6.05

Salads

Fruit Gelatin
Country Style Tomato Salad
Kidney Bean Salad

Desserts

Pound Cake Yellow Cake w/ Chocolate Fudge Frosting

Short Order Menu

Grilled Cheese Sandwich
Grilled Ham & Cheese Sandwich
Baked Beans
Corn Dogs
French Fries
Turkey Burger
Sandwich Bar

Main Menu

Baked Sausage Patties
Canadian Bacon
Turkey Bacon
Huevos Rancheros
Sauteed Vegetables
Home Fried Potatoes
Griddle Fried Eggs
Omelet
Boiled Eggs
Scrambled Eggs
Waffles
Hot Oatmeal
Hot Hominy Grits
Biscuits



When: 7 October 2024 Time: 0700 – 0845 hrs.

Cost: \$4.35

MENUS ARE SUBJECT TO CHANGE

Breakfast Dessert

Assorted Danish
Banana/Blueberry Muffins

Fitness Bar

Main Menu

Teriyaki Beef Steaks
Russian Turkey Stew
Rosemary Roasted Potato
Wedges
Buttered Egg Noodles
California Blend
Sauteed Zucchini
Brown Gravy
Hot Rolls

Healthy Menu

Asparagus
Steamed Brown Rice
Caribbean Chicken Breast
Plant Based Burgers
Vegan Chili



When: 7 October 2024 Time: 1130 – 1300 hrs.

Cost: \$7.00

MENUS ARE SUBJECT TO CHANGE

Salads

Broccoli Salad Italian Pasta Salad Fruit Gelatin

Desserts

Yellow Cake w/ Buttercream
Frosting
Pecan Pie
Peanut Butter Cookies

Short Order Menu

Chili Con Carne w/ Beans
Grilled Cheese Sandwich
Hamburgers
Cheeseburgers
Grilled Chicken Filet Sandwich
Hot Dogs
French Fries
Sandwich Bar

Main Menu

Jambalaya
Pineapple Chicken
Rotini w/Sauce
Islander's Rice
Mashed Potatoes
Curry Roasted Cauliflower
Sauteed Asparagus
Chicken Gravy
Brown and Serve Rolls

Healthy Menu

Baked Chicken Baked Potatoes Carrots



When: 7 October 2024

Time: 1700 – 1830 hrs.

Cost: \$6.05

Salads

Broccoli Salad Italian Pasta Salad Fruit Gelatin

Desserts

Yellow Cake w/ Buttercream
Frosting
Pecan Pie
Peanut Butter Cookies

Short Order Menu

Grilled Bratwurst
Grilled Cheese
Grilled Chicken Filet Sandwich
Baked Beans
French Fries
Sandwich Bar

Main Menu

Oven Fried Bacon
Chicken Sausage Patties
Vegetable Sausage Patties
Baked Fish
Sauteed Vegetables
Cottage Fried Potatoes
Griddle Fried Eggs
Omelet
Boiled Eggs
Scrambled Eggs
French Toast
Hot Rolled Oats
Hot Hominy Grits
Biscuits



When: 8 October 2024 Time: 0700 – 0845 hrs.

Cost: \$4.35

Breakfast Dessert Assorted Danish

Assorted Danish
Banana/Blueberry Muffins

Fitness Bar

Yogurt
Assorted Fresh Fruits
Shredded Cheese
Cottage Cheese
Fresh Cut Seasonal
Fruit
Assorted Cereals
Mixed Nuts

Main Menu

Beef Stir Fry
Herbed Baked Chicken
Mashed Potatoes
Sicilian Brown Rice
Peas w/Carrots
Cauliflower
Chicken Gravy
Toasted Garlic Bread

Healthy Menu

Baked Trout
Long Grain & Wild Rice
Tofu Stir Fry
Steamed Brussels Sprouts
Bean Burrito



When: 8 October 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

MENUS ARE SUBJECT TO CHANGE

Salads

Vanilla Cream Pudding
Pickled Beet & Onion Salad
Mexican Cole Slaw

Desserts

Marble Cake w/ Frosting
Boston Cream Pie
Sugar Cookies

Short Order Menu

Tacos
Nachos
Baked Beans
Grilled Cheese
Grilled Ham & Cheese
Hot Dogs
French Fries
Spicy Black Bean Burger
Sandwich Bar

Main Menu

Honey Mustard Chicken
Pollock w/Garlic Butter
Italian Broccoli Pasta
Roasted Sweet Potato Wedges
White Rice
Herbed Green Beans
Honey Ginger Carrots
Chicken Gravy
Brown and Serve Rolls

Healthy Menu

Chicken Fajitas Steamed Rice Cabbage



When: 8 October 2024 Time: 1700 – 1830 hrs.

Cost: \$6.05

MENUS ARE SUBJECT TO CHANGE

Salads

Vanilla Cream Pudding
Pickled Beet & Onion Salad
Mexican Cole Slaw

Desserts

Marble Cake w/ Frosting
Boston Cream Pie
Sugar Cookies

Short Order Menu

Grilled Cheese
Grilled Ham and Cheese
Corn Dogs
Baked Beans
French Fries
Sandwich Bar

Main Menu

Baked Sausage Patties Canadian Bacon Turkey Bacon Black Bean & Sweet Potato Burrito Sauteed Vegetables Home Fried Potatoes Griddle Fried Eggs Omelet **Boiled Eggs** Scrambled Eggs Cinnamon Brown Sugar Pancakes Hot Rolled Oats **Hot Hominy Grits Biscuits**



When: 9 October 2024 Time: 0700 – 0845 hrs. Cost: \$4.35

MENUS ARE SUBJECT TO CHANGE

Breakfast Dessert

Assorted Doughnuts
Bran Muffins

Fitness Bar

Main Menu

Pork Chops w/ Asian Pineapple
Glaze
Teriyaki Chicken
Ginger Rice
Oven Brown Potatoes
Japanese Stir Fry
Peas w/ Carrots
Chicken Gravy
Hot Rolls

Healthy Menu

Baked Chicken
Steamed Brown Rice
Steamed Spinach
Vegetable Lasagna
Vegetarian Hearty Burger



When: 9 October 2024 Time: 1130 – 1300 hrs.

Cost: \$7.00

Salads

Fruit Gelatin
Country Style Tomato Salad
Cole Slaw

Desserts

White Cake w/ Fudge Frosting
Brownies
Dutch Apple Pie

Short Order Menu

Hamburgers
Cheeseburgers
Grilled Cheese Sandwich
BBQ Pork Sandwich
Chili con Carne w/ Beans
Hot Dogs
French Fries
Sandwich Bar

Main Menu

Salisbury Steak
Creole Pork Chops
Vegan Chili
Mashed Potatoes
Jasmine Rice
Sauteed Cabbage
Peas
Brown Gravy
Brown & Serve Rolls

Healthy Menu

Lemon Baked Fish Tossed Green Rice Summer Squash



When: 9 October 2024 Time: 1700 – 1830 hrs.

Cost: \$6.05

Salads

Fruit Gelatin
Country Style Tomato Salad
Cole Slaw

Desserts

White Cake w/ Fudge Frosting
Brownies
Dutch Apple Pie

Short Order Menu

Grilled Cheese Sandwich
BBQ Pork Sandwiches
Chili con Carne w/ Beans
Hot Dogs
French Fries
Sandwich Bar

Main Menu

Oven Fried Bacon
Chicken Sausage Patties
Vegetable Sausage Patties
Texas Hash
Sauteed Vegetables
Cottage Fried Potatoes
Griddle Fried Eggs
Omelet
Boiled Eggs
Scrambled Eggs
Waffles
Banana Overnight Oatmeal
Hot Hominy Grits
Biscuits



When: 10 October 2024 Time: 0630 - 0830 hrs.

Cost: \$4.35

MENUS ARE SUBJECT TO CHANGE

Breakfast Dessert

Cinnamon Rolls
Coffee Cake

Fitness Bar

Main Menu

Southern Fried Catfish
Barbecued Spareribs
Cajun Baked Fish
Barbecued Chicken
Fried Chicken
Corn Bread Dressing
Red Beans w/ Rice
Baked Macaroni & Cheese
Candied Sweet Potatoes
Southern Style Greens
Corn On the Cob
Corn Bread

Healthy Menu

Roast Turkey
Baked Sweet Potato
Herbed Green Beans
Mediterranean Pasta
Vegetarian Nuggets



When: 10 October 2024 Time: 1130 – 1300 hrs.

Cost: \$7.00

MENUS ARE SUBJECT TO CHANGE

Salads

Chocolate Cream Pudding
Potato Salad
Macaroni Salad

Desserts

Devil's Food Cake w/
Vanilla Frosting
Peach Pie
Sweet Potato Pie
Chocolate Chip Cookies

Short Order Menu

Grilled Cheese
Sloppy Joes
Hot Dogs
Baked Beans
Sweet Potato Fries
Sandwich Bar

Main Menu

Jerked Roast Turkey
Rosemary Roast Pork
Plant-Based Burgers
Sicilian Brown Rice
Mashed Sweet Potatoes
Roasted Cauliflower
Green Beans w/Herb
Vinaigrette
Chicken Gravy
Hot Rolls

Healthy Menu

Caribbean Pollock
Baked Sweet Potato Fries
Steamed Asparagus



When: 10 October 2024 Time: 1630 – 1800 hrs.

Cost: \$6.05

MENUS ARE SUBJECT TO CHANGE

Salads

Chocolate Cream Pudding
Potato Salad
Macaroni Salad

Desserts

Chocolate Chip Cookies
Devil's Food Cake w/
Vanilla Frosting
Sweet Potato Pie
Peach Pie

Short Order Menu

Grilled Cheese Sandwich
Sloppy Joes
Hot Dogs
Baked Beans
French Fries
Turkey Burger
Sandwich Bar