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: 16 November 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 Beef Baked Ham Vegan Chili Herbed Brown Rice Caribbean Black Beans Roasted Zucchini Squash Curry Roasted Cauliflower Brown and Serve Rolls Brown Gravy



When: 16 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

<u>Salads</u>

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

Teriyaki Beef Strips Mexican Baked Chicken Cheese Tortellini Spanish Rice Paprika Buttered Potatoes Hacienda Corn & Black Beans Hacienda Green Beans Brown & Serve Rolls Chicken Gravy



When: 16 November 2024 Time: 1700 – 1830 hrs. Cost: \$6.05

<u>Salads</u>

Fruit Gelatin Zesty Rotini Salad Red Potato Salad

<u>Desserts</u>

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: 17 November 2024 Time: 0730 – 0900 hrs. Cost: \$4.35

Breakfast Dessert

Assorted Danishes Bran Muffins

Fitness Bar

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

Main Menu

Glazed Turkey Meatloaf Caribbean Spiced Pollock Vegan Chili Islander's Rice Baked Potatoes Carrots Green Beans w/ Herb Vinaigrette Hot Wheat Rolls Brown Gravy



When: 17 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

<u>Salads</u>

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

<u>Salads</u>

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

MENUS ARE SUBJECT TO CHANGE

Main Menu

Salisbury Steak Greek Lemon Chicken Orzo w/Spinach, Tomato & Onion Brown Rice Greek Roasted Potatoes Calico Corn Steamed Broccoli Brown & Serve Rolls Brown Gravy



When: 17 November 2024 Time: 1700 – 1830 hrs. Cost: \$6.05

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: 18 November 2024 Time: 0700 – 0845 hrs. Cost: \$4.35

Breakfast Dessert

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

Russian Turkey Stew Turkish Style Meatballs Rosemary Roasted Potato Wedges Mediterranean Brown Rice Peas with Carrots Sauteed Zucchini Brown Gravy Hot Rolls

Healthy Menu

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



When: 18 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

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

Caribbean Beef Curry Jerked Roat Turkey Rotini w/Sauce Red Beans and Rice Caribbean Black Beans Curry Roasted Cauliflower Sauteed Asparagus Chicken Gravy Brown and Serve Rolls

Healthy Menu

Baked Chicken Baked Potatoes Carrots



When: 18 November 2024 Time: 1700 – 1830 hrs. Cost: \$6.05

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

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: 19 November 2024 Time: 0700 – 0845 hrs. Cost: \$4.35

Breakfast Dessert

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 Buttery Browned Potato Wedges Lyonnaise Rice Herbed Green Beans California Blend Chicken Gravy Toasted Garlic Bread

Healthy Menu

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



When: 19 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

<u>Salads</u>

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

Hot & Spicy Chicken Pollock w/Garlic Butter Pierogies Cajun Oven Fries Noodles Jefferson Ginger Glazed Carrots Spinach Chicken Gravy Brown and Serve Rolls

Healthy Menu

Chicken Fajitas Steamed Rice Cabbage



When: 19 November 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: 20 November 2024 Time: 0700 – 0845 hrs. Cost: \$4.35

Breakfast Dessert

Assorted Doughnuts Bran Muffins

Fitness Bar

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

Main Menu

Pork Chops w/Asian Pineapple Glaze Sesame Chicken Breast Jasmine Rice Oven Browned Potatoes Steamed California Blend Honey Ginger Carrots Chicken Gravy Hot Rolls

Healthy Menu

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



When: 20 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

<u>Salads</u>

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

Shrimp Curry Bombay Chicken Breast Vegetable Lo Mein Mashed Potatoes Lemon Herbed Quinoa Sauteed Cabbage Roasted Summer Squash Brown Gravy Brown & Serve Rolls

Healthy Menu

Lemon Baked Fish Tossed Green Rice Summer Squash



When: 20 November 2024 Time: 1700 – 1830 hrs. Cost: \$6.05

MENUS ARE SUBJECT TO CHANGE

<u>Salads</u>

Fruit Gelatin Country Style Tomato Salad Cole Slaw

<u>Desserts</u>

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: 21 November 2024 Time: 0630 – 0830 hrs. Cost: \$4.35

Breakfast Dessert

Cinnamon Rolls Coffee Cake

Fitness Bar

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

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: 21 November 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

<u>Salads</u>

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

Main Menu

Jerked Roast Turkey Rosemary Roast Pork Plant-Based Burgers Sicilian Brown Rice Mashed Sweet Potatoes Parmesan Cauliflower Roasted Zucchini Squash Brown Gravy Hot Rolls

Healthy Menu

Caribbean Catfish Baked Sweet Potato Fries Steamed Asparagus



When: 21 November 2024 Time: 1630 – 1800 hrs. Cost: \$6.05

Main Menu Baked Sausage Patties Canadian Bacon Turkey Bacon Sauteed Vegetables Home Fried Potatoes Griddle Fried Eggs Omelet Boiled Eggs Scrambled Eggs French Toast Hot Rolled Oats Hot Hominy Grits Biscuits



When: 22 November 2024 Time: 0700-0845 hrs. Cost: \$4.35

Breakfast Dessert

Blueberry/Banana Muffins Assorted Danishes

Fitness Bar

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

Main Menu

Bombay Chicken Shepherds Pie Rice Pilaf Baked Potatoes Mixed Vegetables Sauteed Cabbage Hot Rolls Brown Gravy

Healthy Menu

Wild Rice Herbed Baked Fish Brussels Sprouts Combo Turkey Burger Pierogies



When: 22 November 2024 Time: 1130 – 1300 hrs. Cost: \$7.00

MENUS ARE SUBJECT TO CHANGE

Salads

Three Bean Salad Mixed Fruit Salad Salad Bar

Desserts

Banana Cake Vanilla Cream Pudding Oatmeal Raisin Cookies Lemon Meringue Pie Fruit Gelatin

Short Order Menu

Grilled Cheese Hamburgers Cheeseburgers Hot Dogs Fishwich Baked Beans French Fries Chicken Wings Sandwich Bar

Main Menu

Swiss Steak w/Brown Gravy Lasagna w/ Ground Turkey Bowties w/ Peas Noodles Jefferson Carrots Roasted Brussels Sprouts Ginger Rice Brown & Serve Rolls Chicken Gravy

Healthy Menu

Caribbean Chicken Breast Broccoli Jasmine Rice



When: 22 November 2024 Time: 1630 – 1800 hrs. Cost: \$6.05

MENUS ARE SUBJECT TO CHANGE

<u>Salads</u>

Three Bean Salad Mixed Fruit Salad Salad Bar

Desserts

Banana Cake Vanilla Cream Pudding Oatmeal Raisin Cookies Lemon Meringue Pie Fruit Gelatin

Short Order Menu

Grilled Cheese Sandwich Grilled Ham & Cheese Sandwich Hot Dog Fishwich French Fries Sandwich Bar