

# Week 3 Breakfast and Lunch Menu



	Monday 22-Apr	Tuesday 23-Apr	Wednesday 24-Apr	Thursday 25-Apr	Friday 26-Apr	Saturday 27-Apr	Sunday 28-Apr
	GF V Scrambled Eggs GF Cornbeef Hash Chicken Sausage GF V French Toast Sticks GF V Homefries GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Mexican Scrambled Eggs GF Turkey Bacon Sausage Patties V Maple French Toast GF V Baked Hash Brown Patty GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Scrambled Egg/ Cheesy Eggs GF Crispy Bacon Turkey Sausage Patties V French Toast Sticks GF V Shredded Hash Browns GF V Banana Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	V Scrambled Egg/ Tofu Scrambled GF Sausage Gravy with Biscuits Turkey Sausage Links GF V Buttermilk Pancakes GF V Tater Tots GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Chicken Sausage Pork Sausage Links V Chocolate Chip Pancakes GF V Home Fries GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Cheesy Eggs GF Crispy Bacon Turkey Sausage V French Toast GF V Potatoes O'Brien GF V Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping	GF V Scrambled Eggs GF Turkey Bacon Sausage Links GF V Waffle GF V Tater Tots GF V Cinnamon Oatmeal GF V Cage Free Eggs Made to Order Omelet Station Belgian Waffle Bar w/ Fruit Topping
	<b>Chicken Wings</b> Celery Sticks Blue Cheese Dressing Hot, Mild and BBQ Sauce	<b>Taco Tuesdays</b> Hard Taco Shells, Soft Taco Shells Pulled Pork Lime, Cilantro, Pineapple, Tomatoes, Diced Watermelon, Mango Slaw, Shredded Cheese Sour Cream Sauce	<b>Fiesta Rice Bowl</b> Grilled Chicken Tofu, White Rice Corn, Black Beans Bell Peppers, Tomato, Cilantro Tortilla Strips, Spicy Ranch and Cheese Sauce	<b>Stir Fry Thursdays</b> Beef Stir Fry White Rice, Lo Mein Noodles Broccoli, Carrot Coins, Water Chestnuts Mushroom, Green Onions Teriyaki Sauce, General Tso's Sauce	<b>Oriental Salad</b> Teriyaki Shrimp Grilled Tofu, Nappa and Red Cabbage with Field Greens Toasted Almonds, Sesame Seeds Mandarin Oranges, Crispy Noodles Asian Dressing		
	Toasted Turkey & 3 Cheese Hoagie	Garlic Parmesan Deli Hoagie	Chicken, Avocado, Bacon, Cheese and Ranch Mayo On Ciabatta	Ham and Pepper Sandwich	<b>50 States-Tennessee</b> BLT Turkey Wrap	Buffalo Chicken Wrap	Herb Roasted Vegetable Wrap with Pesto Mayo
	GF Beef Stroganoff V Egg Noodles GF Sauteed Green Beans with Roasted Garlic GF V Buttered Corn	Italian Sausage with Peppers and Onions GF V Herb Roasted Potatoes GF V Corn on the Cob GF Broccoli Parmesan	GF Chicken Fajitas GF V Cheddar Mashed Potatoes GF V Smoked Paprika Carrots GF V Apple Infused Brussel Sprouts	GF Marinated Grilled Chicken Tenders Rice Pilaf Blend GF V Roasted Cherry Tomatoes and Okra GF V Green Beans	Crab Stuffed Haddock with Creamy Dill Sauce Macaroni and Cheese V Collard Greens GF V Dill Carrots		
	V Taco Pizza V Cheese Pizza V Pepperoni Pizza V Spaghetti, Penne Pasta V GF Marinara Sauce V GF Alfredo Sauce Meatballs and Sauteed Peppers	V Mac & Cheese Pizza V Cheese Pizza V Pepperoni Pizza V Spaghetti, Penne Pasta V GF Marinara Sauce V GF Alfredo Sauce Meatballs and Sauteed Peppers	V Meatlover Calzone V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces Italian Sausage V Steamed Broccoli	V Spinach and Artichoke Calzone V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces Italian Sausage V Steamed Broccoli	V Hawaiian Pizza V Cheese Pizza V Pepperoni Pizza V Cavatappi, Linquine V Marinara and Alfredo Sauces Meatballs V Sauteed Peppers	Sausage, Egg and Cheese Pizza Bacon, Egg and Cheese Pizza Egg and Cheese Calzone	Sausage, Egg and Cheese Pizza Bacon, Egg and Cheese Pizza Egg and Cheese Calzone
	GF V Tofu Scramble GF V Vegan Breakfast Sausage GF V Homefries	GF V Vegan Chicken Fajitas GF V Mexican Rice GF V Sauteed Garlic Green Beans	GF V Quinoa Pizza Bites GF V Creamy Vegan Navy Bean and Tomato Vegetable Soup GF V Curried Carrots	GF V Tequila-Lime Tofu Wraps with Avocado GF V Italian Black Rice Arancini V GF V Green Beans	GF V Vegan Taco Bar GF V Mexican Rice GF Roasted Black Bean and Corn V		
	Corn Dogs with Spicy Mustard Dipping Sauce Grilled Hot Ham & Cheese GF V French Fries	Grilled Hamburgers Sahlens Hot Dogs with Diced Onions, Cheese Sauce, Chili and Relish GF V House Cut Fries	Golden Chicken Tenders V Grilled Rueban Sandwich GF V French Fries	Grilled Hamburgers V Chicken Quesadilla GF V House Cut Fries	Chicken Quesadilla Popcorn Shrimp GF V French Fries	Canadian Bacon, Cheese and Egg On a Pretzel Bun V Grilled Hamburgers GF V Curly Fries	Pancake Sandwich Stuffed with Ham, Egg and Cheese Beer Batter Fish Sandwich GF V Tater Tots
	V Orzo with Spinach and Feta Cheese GF V Lo Mein Soba Noodle Salad GF V Spinach Dip with Tortilla Chips	V Baked Potato Salad GF V Lo Mein Soba Noodle Salad GF V Spinach Dip with Tortilla Chips	Strawberry and Goat Cheese Salad with Lemon Vinaigrette Dressing GF V Waldorf Salad GF V Spinach Dip with Tortilla Chips	Roasted Corn Chicken Salad GF V Mediterranean Bean Salad GF V Buffalo Chicken Wing Dip with Tortilla Chips	Roasted Corn Chicken Salad GF V Mediterranean Bean Salad GF V Buffalo Chicken Wing Dip with Tortilla Chips	V GF Tomato, Cucumber and Onion Salad GF Baked Potato Salad	V GF Tomato, Cucumber and Onion Salad GF Baked Potato Salad
	GF V Vegetable Rice Soup GF Beef Stew	GF V Italian Bean Soup GF Bacon and Baked Potato Soup	GF Cream of Mushroom Soup GF Spring Minestrone Soup	V Cream of Tomato Soup GF Steak and Mushroom Soup	GF V Vegan Black Bean Soup GF V New England Clam Chowder	Turkey Noodle Soup V GF Cream of Cauliflower Soup	Turkey Noodle Soup V GF Cream of Cauliflower 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