



## Sample Menu

	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<i>Breakfast (8:00AM)</i>		Cinnamon Rolls & Homemade Cream Cheese Frosting Scrambled Eggs Sausage Patty	Biscuits & Gravy Scrambled Eggs Sausage Patty Orange Slices	Pancakes & Sugar Free syrup Bacon Scrambled Eggs Fruit Salad	Breakfast Burrito Bar Nectarines	Banana Bread Muffins Scrambled Eggs Sausage Links Orange Slices
<i>Mid-Morning Snack (Carb Free)</i>		Baby Carrots & Ranch Cup	Cheese Sticks	Hard Boiled Egg	Celery & Ranch Cup	
<i>Lunch (12:30PM)</i>		Chili Cornbread Coleslaw Salad Bar	Hamburgers Curly Fries Watermelon Salad Bar	Grilled Chicken Pita Bread Hummus Veggies Fruit Salad	Pizza Caesar Salad Cantaloupe	Sandwich Bar Fruit Chips
<i>Afternoon Snack</i>	Dried Blueberries	Dried Grapes	Dried Blueberries	Dried Grapes	Dried Apples	
<i>Dinner (5:30PM)</i>	Brown Rice and Chicken/Tofu Stir Fry Bean Salad Salad Bar	Grilled Cheese Sandwich Red Lentil Soup Roasted Broccoli Salad Bar	Rosemary & Lemon Chicken Breast Garlic Mashed Potatoes Roasted Cauliflower Salad Bar	Spaghetti, Meatballs & Marinara Sauce Garlic Bread Roasted Zucchini Salad Bar	Taco Bar Corn on the Cob Salad Bar	
<i>Night Snack</i>	Diet Root Beer Floats	Chocolate Chip Cookies	Chocolate Covered Rice Krispie Treats	Muddy Buddies	Sugar Cookie	