

	PROPOSED CYCLE MENU WEEK 1	* lower calorie option	Week of October 29 –Nov 3, 2012		Revised 9/17/2012
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry Bar
M O N D A Y	Low Fat Yogurt 3 Types Eggs to Order/Boiled Eggs Omelets to Order Oven Fried Bacon Breakfast Steak Creamed Beef Biscuits Breaded Steak, Cheese & Egg Biscuit Hash Brown Potatoes Pancakes/French Toast Maple and Strawberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels, 2 Types Croissants Coffee/Reg/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Asst Carbonated and Non Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Strawberries	Tuscan Bean and Sausage Soup Pork Gravy Chicken Stroganoff Awesome Fried Lemon Pepper Pork Chops Spanish Rice Seasoned Roasted Red Potatoes Cauliflower Steamed Green Beans Corn Combo Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Bacon Swiss Cheeseburger Chicken Nuggets Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Roasted Red Pepper Cream Sauce Southern-Styled Meat Sauce Penne Pasta Spaghetti	Soup of the Day Beef Gravy Cubed Steak with Sautéed Onions and Gravy Shrimp, Chicken, and Sausage Gumbo Mashed Potatoes Steamed Rice Roasted Corn on the Cob Sautéed Yellow Squash Steamed Broccoli Spears Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Cherry Danish Glazed Doughnuts Blueberry Muffins Lunch Pastry German Choc Cake Yellow Cake w/Choc Icing Apple Pie Hot Peach Cobbler Choc Chip Cookies Oatmeal Cookies Cherry Jello Vanilla Pudding Soft Serve Vanilla/Chocolate Ice Cream Toppings
T U E S D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Grilled Italian Sausage Oven Fried Bacon Creamed Beef Biscuits Bacon, Egg and Cheese Sandwich Hash Brown Potatoes Pancakes/French Toast Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Bagels, Plain, Onion, Raisin Croissants Coffee/Reg/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Condiments/Spreads	Tomato, Basil Noodle Soup Chicken Cordon Bleu Spanish Moroccan Fish Vegetable Wild Rice Pilaf Steamed Green Peas Succotash Steamed Carrots Southern Styled Biscuits Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Grilled Chicken Fajita on Pita Cheese Sticks Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Basil Cream Sauce Peppers, Olives and Sautéed Onions Marinara Rotini Fettuccini	Soup of the Day Brown Gravy Beef Bourguignon Cranberry Stuffed Pork Lion Boiled Red Potatoes Noodles Jefferson Broccoli and Carrots Steamed Cabbage Corn Casserole Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn Over Lunch Pastry Sock it to Me Cake Devil's Food Cake Marble Cheese Cake Key Lime Pie Choc Pudding Orange Jello Choc Chip Cookies Sugar Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings
W E D N E S D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits Hot Link , Egg, and Cheese Biscuit Hash Brown Potatoes Pancakes /French Toast Maple and Strawberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissant Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apples, Watermelon Condiments/Spread	Spicy Mexican Meatball Soup Beef Gravy Chicken Enchiladas Seasoned Roast Beef Mashed Red Potatoes Mexican Black Beans and Rice Sautéed Green Beans Roasted Corn Carrots Sour Cream, Salsa, Tomatoes, Cheese Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Pizza Sticks Seasoned Grilled Chicken Breast on Toasted Bun Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Cannon Ball Sub Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Béchamel Sauce Tomato and Basil Sauce Bow Tie Tortellini	Soup of the Day Chicken Gravy Sweet and Sour Pork and Vegetables Chicken Stir Fry Vegetable Fried Rice Roasted Potatoes Steamed Cabbage Baked Seasoned Zucchini Succotash Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Cinnamon Sugar Doughnuts Apple Muffin Cinnamon Twist Lunch Pastry Coconut Cake Moist Choc Cake Lemon Meringue Pie Old Fashioned Banana Pudding Brownies Sugar Cookies Strawberry Jello Tapioca Soft Serve Vanilla/Chocolate Ice Cream Toppings

<p>T H U R S D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits Sausage, Egg, Cheese Biscuit Hash Brown Potatoes Waffles/Pancakes /French Toast Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Cantaloupe, Raisins Condiments/Spreads</p>	<p>Chicken and Corn Chowder Brown Gravy Roasted Pork Shoulder with Brown Sugar Glaze Sesame Chicken Wings Steamed Rice Au Gratin Potatoes Sweet Corn Rosemary Roasted Vegetables Broccoli Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Beef and Bean burrito Roasted Smoked Sausage with Green Peppers and Onion Hoagie Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Chicken Sandwich Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Chicken Alfredo Pasta Sauce with Italian Sausage Spaghetti Noodles Rigatoni</p>	<p>Soup of the Day Brown Gravy Ziti and Pepperoni Bake Chicken Tenders Mashed Potatoes Rice Pilaf *Steamed Green Beans Caramelized Brussels Sprouts Carrots Garlic Bread Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Toasty Walnut Muffin Caked Doughnuts Peach Danish Lunch Pastry Carrot Cake White Cake w/Frosting Choc Cream Pie Apple Pie Choc Chip Cookies Oatmeal Cookies Cherry Jello **Peanut Butter Brownies Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>F R I D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Links Cream Beef Biscuits Breakfast Burrito Hash Brown Potatoes Waffles/Pancakes, French Toast Hot Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot tea/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Pears, Kiwi, Raisins Condiments/Spreads BELGIAN WAFFLE STATION Chef Prepared Belgian Waffles with: Fresh Strawberry Sauce, Fresh Whipped Cream, Maple Syrup, Apple Topping Blueberry Topping, Cinnamon, Powdered Sugar, Chopped Nuts</p>	<p>Rip Roarin Crab and Corn Soup Southern Fried Tilapia *Baked chicken breast with Rosemary and onions Mushroom Gravy Garlic Roasted Potatoes Wild rice Chef Choice Vegetables Succotash Steamed Corn on the Cob Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Sloppy Joe on Bun Buffalo Blue Chicken Sandwich Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Roasted Garlic and Peppercorn Sauce Bolognese Meat Sauce Angel Hair Wheat Spaghetti</p>	<p>Soup of the Day Mushroom Gravy Chicken Florentine Tennessee Pork Ribs Vegetable Fried Rice Roasted Red Potatoes Steamed Broccoli Steamed Carrots Breaded Mushrooms Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Glazed Doughnuts Cinnamon Rolls Raisin Muffins Lunch Pastry Best Ever Chocolate Cake Banana Cake Coconut Cream Pie Chocolate Mousse Fruit Cocktail Bread Pudding w/Raisin Sauce Vanilla Pudding Choc Chip Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>S A T U R D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Ham Slice Cream Beef Biscuits Sausage Egg and Cheese on Biscuit Hash Brown Potatoes Waffles/Pancakes /French Toast Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants Coffee/Reg/Decaf/Asst Hot tea/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apples, Pineapple, Raisins Condiments/Spread</p>	<p>Cream of Mushroom Soup Chicken Gravy Breaded New York Buffalo Wings Pork Chop Adobo Mashed Potatoes Steamed Rice Simmered Collard Greens Steamed Corn and Lima Beans Seasoned Boiled Carrots White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Grilled Italian Sausage on Bun Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Mushroom Cream Sauce Italian Meatball Sauce Tri Color Rotini Linguine</p>	<p>Soup of the Day Beef Gravy Country Beef Stew Chicken Parmesan Vegetable Rice Pilaf Buttered Noodles Grilled Asparagus Candied Beets Steamed Broccoli and Corn Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Lemon Poppy Seed Muffin Quick Coffee Cake Powdered Donuts Lunch Pastry Lemon Pound Cake Choc Cake with Icing Apple Pie Pecan Pie Sugar Cookies Peanut Butter Cookies Rice Pudding Orange Jello Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>

<p>S U N D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Grilled Italian Sausage Cream Beef Biscuits Bacon, Egg, and Cheese English Muffin Hash Brown Potatoes Waffles/Pancakes / Stuffed French Toast Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissant Coffee/Reg/Asst Hot tea/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Strawberries Raisins Condiments/Spreads</p>	<p>Chicken Noodle Soup Brown Gravy Hawaiian Chicken Smothered Pork Tenderloin Steamed Rice Mashed Potatoes Simmered Spinach Okra Tomato Gumbo Zucchini White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Breaded Chicken and Bacon Sandwich Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Egg Salad Pasta Bar Seafood Alfredo Sauce Chunky Vegetable Red Sauce Ravioli Egg Noodles</p>	<p>Soup of the Day Beef Gravy Battered Fried Tilapia Braised Beef and Noodles Steamed Rice Sautéed Potatoes with Onions Steamed Carrots and Peas *Succotash Sautéed Mushrooms/Onions Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Pecan Rolls Apple Muffins Banana Nut Bread Lunch Pastry Lemon Cake w/Icing Coconut Custard Pie Choc Chip Cookies Oatmeal Cookies Strawberry Jello Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
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