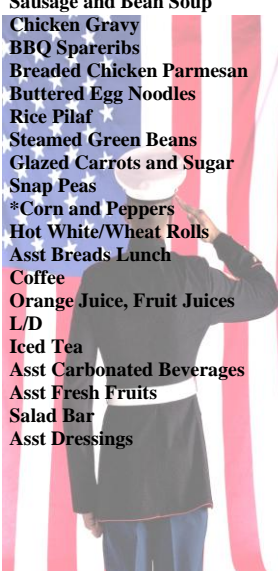


	PROPOSED CYCLE MENU WEEK 3	*Lower calorie option	5/28-6/3/2012		Updated 5/25/2012
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M O N D A Y	<p>Low Fat Yogurt 3 Types Eggs to Order/Soft , Hard Cooked Eggs Omelets to Order Oven Fried Bacon Turkey Sausage Link Creamed Beef Biscuits</p> <p>Ham, Cheese & Egg Sandwich Hash Brown Potatoes Pancakes/French Toast Maple and Strawberry 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, Pears, Watermelon Raisins Condiments/Spreads</p>	<p>Sausage and Bean Soup Chicken Gravy BBQ Spareribs Breaded Chicken Parmesan Buttered Egg Noodles Rice Pilaf Steamed Green Beans Glazed Carrots and Sugar Snap Peas *Corn and Peppers Hot White/Wheat Rolls Asst Breads Lunch Coffee 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 Bacon Cheese Burger Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad</p> <p>*Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>Sausage and Bean Soup Chicken Gravy Spaghetti with Meat Sauce Garlic Bread *Cajun Cornish Hens Steamed Rice Seasoned Steak Fries Deluxe Stir Fry vegetables Buttered Carrots *Sweet Green Peas Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages *Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Cream Cheese Danish Glazed Doughnuts Apple Cinnamon Muffins</p> <p>Lunch Pastry Mandarin Orange Layer Cake Pecan Pie Rice Krispies Treats with and with out Chocolate Chips Chocolate Mousse with Whipped Cream Apple Pie Vanilla Pudding Fruit Cocktail Chocolate Chip Cookies *Strawberry Jello</p> <p>Soft Serve Vanilla/Chocolate Ice Cream toppings</p>
T U E S D A Y	<p>Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Grilled Italian Sausage Oven Fried Bacon Creamed Beef Biscuits</p> <p>Split Smoked Sausage, Egg and Cheese on Bagel Pancakes/French Toast Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Bagels, Plain, Onion, Raisin Croissant Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apple, Canteloupe Raisins Condiments/Spreads</p>	<p>Chicken with White and Wild Rice Soup Chicken Gravy *Irish Chicken and Dumplings Grilled Pork with Apricot Soy Sauce Steamed Rice Boiled Parsley Red Potatoes Steamed Corn Steamed Whole Green Beans Seasoned Steamed Cabbage Sweet Corn Bread Hot White/Wheat Rolls Asst Breads Lunch Coffee 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 Ham with Provolone and American Cheese on Wheat Pizza 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</p> <p>PotatoBar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Chicken with White and Wild Rice Soup Swedish Meatballs with Beef Gravy Blackened Chicken Breast Mashed Potatoes Buttered Egg Noodles *Brussels Sprouts Green Peas and Mushrooms *Mediterranean Vegetables Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn over</p> <p>Lunch Pastry Carrot Cake White Cake with Frosting Chocolate Cream Pie Apple Pie Choc. Chip Cookies *Orange Jello **NY Style Cheese Cake</p> <p>Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
W E D N E S D A Y	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits</p> <p>Canadian Bacon, Egg, & Cheese English Muffin Hash Brown Potatoes Pancakes/French Toast Maple and Strawberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Cinn and Raisin ,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, Honeydew Melon Raisins Condiments/Spreads</p>	<p>Broccoli and Cheese Soup Turkey Gravy Red Hook Ale Fish *Roasted Turkey Candied Sweet Potatoes Steamed Rice Corn Bread Dressing Lemon Dill Carrots Chopped Sautéed Cabbage * Steamed Broccoli Hot White/Wheat Rolls Asst Bread Dinner Coffee 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 Buffalo Wings Yorktown Club on Sub Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad</p> <p>Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>Soup of the Day Brown Gravy *Baked Salmon Key West Chicken Breast Mashed Potatoes Three Cheese Macaroni Steamed Broccoli Seasoned Green Beans Green Peas and Carrots Hot White/Wheat Rolls Asst Breads Lunch Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Cinnamon Sugar Doughnuts Apple Muffin Cinnamon Twist</p> <p>Lunch Pastry Marble Cake German Choc Cake Pineapple Upside Down Cake Coconut Cream Pie Fruit Cocktail Bread Pudding w/Raisin Sauce Apple Turnovers Chocolate Chip Cookies</p> <p>Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>

<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 Sausage Patties Cream Beef Biscuits Sausage, Egg, and Cheese Biscuit Hash Brown Potatoes 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, Apples, Kiwi, Raisins Condiments/Spreads</p>	<p>Chunky Vegetable Soup Chicken Gravy Fried Chicken Blazy's Pepperoni Studded Lasagna Garlic Bread Steamed Rice Mashed Potatoes Butter Roasted Corn on the Cob Green Beans Cauliflower and Zucchini Melody Hot White/Wheat Rolls Asst Bread Dinner Coffee 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 Italian Sausage Sandwich Mushroom Swiss Burger 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 Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Soup of the Day Vegetable Gravy Yankee Pot Roast Teriyaki Chicken Quarters Steamed Red Potatoes Vegetable Fried Rice Thai Curry Vegetables Corn Fritters Sautéed Zucchini/Squash Hot White/Wheat Rolls Asst Breads Lunch Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Cranberry Muffins Caked Doughnuts Peach Kolaches Lunch Pastry Pound Cake with topping Chocolate Cake w/Icing Yorktown Parfait Pecan Pie Sugar Cookies Rice Pudding Peanut Butter Cookies Cherry Jello with Whipped Topping 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 Breakfast Steak Cream Beef Biscuits Bacon, Egg and Cheese Sandwich Home Fried Potatoes Pancakes /French Toast Hot Maple and Strawberry 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, Strawberries, Pears 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>New England Clam Chowder Chicken Gravy 5 oz Grilled Ham Steak with Pineapple Glazed *Stuffed Chicken Breast Wild Rice Sweet Potatoes and Apple Casserole Sesame String Beans Steamed Cauliflower Simmered Corn and Sausage Hot Biscuits Asst Breads Lunch Coffee 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 Triple Cheese Sandwich Chopped BBQ Chicken w/ Cole Slaw Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>New England Clam Chowder Chicken Gravy Country Fried Steak *Lemon Baked Fish Mashed Potatoes Vegetable Fried Rice Chinese Fried Cabbage Sautéed Marinated Vegetables Asparagus Hot White/Wheat Rolls Asst Bread Dinner Coffee 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 Chocolate Cake w/Icing Strawberry Short Cake Boston Cream Pie Chocolate Chip Pecan Cookies Orange Jello Chocolate Pudding Hot Bread Pudding 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 Breakfast Burrito Hash Brown Potatoes Pancakes /French Toast Hot Maple and Blueberry Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Cinn and Raisin ,Blueberry Croissants Coffee Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Pineapple, Raisins Condiments/Spreads</p>	<p>Creamy Chicken Vegetable Soup Beef Gravy Orange Chicken *Roasted Beef Mashed Potatoes Vegetable Fried Rice Steamed Carrots and Broccoli Sautéed Squash Herbed Green Beans White/Wheat Rolls Asst Breads Lunch Coffee 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 Bacon Cheeseburgers Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Soup of the Day Cheese Manicotti w/Beef Sauce Grilled Pork chops Pork Gravy Rice Pilaf Parsley Boiled Potatoes Succotash Green Beans with Diced Tomatoes Buttered Corn on the Cob Hot White/Wheat Rolls Asst Bread Dinner Coffee Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Blueberry Muffins Quick Coffee Cake Sugar Donuts Lunch Pastry German Chocolate Cake Yellow Cake w/Choc Icing Walnut Pie Apple Pie Choc Chip Cookies Oatmeal Cookies Cherry Jello Vanilla Pudding 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 Sausage Links Cream Beef Biscuits Bacon, Egg, and Cheese English Muffin Hash Brown Potatoes Pancakes /Stuffed French Toast Hot Maple and Strawberry 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, Pears, Canteloupe Raisins Condiments/Spreads</p>	<p>Jambalaya Soup Brown Gravy *Grilled Strip Steak Blackened Chicken Pasta *Red Beans and Rice Scalloped Potatoes French Fried Cauliflower *Steamed Carrots Sweet and Sour Greens White/Wheat Rolls Asst Breads Lunch Coffee/Reg/ 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 Italian Sub Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Chicken Strips Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Potato Bar Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>Soup of the Day Brown Gravy *Fried Grouper Fillet Beef and Asparagus Mashed Potatoes Steamed Rice Steamed Spinach *Steamed Peas and Carrots Corn Combo Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/ 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 Kolaches Banana Nut Bread Lunch Pastry Sock It to Me Cake World's Best Chocolate Cake Key Lime Pie Choc Pudding *Orange Jello Sugar Cookies **Chocolate Cheese Cake Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
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