Cycle	December 5, 2016	December 6, 2016	December 7, 2016	December 8, 2016	December 9, 2016
3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	**Breakfast** Assorted Juices Cereal/Hot and Cold Hominy Grits ½ cup 54 cal Omelets to Order 3 egg Eggs to Order Boiled Eggs 3 ea 234cal Bacon 3 slices 131 cal Pork Sausage Patty 4 oz 250 cal Cream Beef Gravy 2/3 cup 213 cal Banana Pancakes 2 ea 193 cal Yogurt 4oz 100 cal Fruit Bar Apples 1 sm 95 cal, Oranges 1 sm 95 cal Bananas 1 med 105 cal Bread 1 Slice Wheat 69 cal Bread 1 Slice White 79 cal Plain Bagel 1 ea 216 Cal Milk Coffee, Tea, Cocoa	**Breakfast** Assorted Juices Cereal/Hot and Cold Oatmeal ½ cup 79 cal Omelets to Order Eggs to Order Boiled Eggs 3ea 234 cal Bacon 3 slices 131 cal Corn Beef Hash 4oz 186 cal Sausage Gravy 4oz 135 Cal Hash Brown Potatoes 4oz 235 cal Blueberry Waffles ½ ea 319 cal Yogurt 4oz 100 Apples 1 sm 95 cal, Oranges 1 sm 95 cal Bananas 1 med 105 cal Bread 1 Slice Wheat 69 cal Bread 1 Slice White 79 cal Plain Bagel 1 ea 216 Cal Milk Coffee, Tea, Cocoa	**Breakfast** Assorted Juices Cereal/Hot and Cold Cream of Wheat ½ cup 55 cal Omelets to Order Eggs to Order Boiled Eggs 3ea 234 cal Cream Beef Gravy 2/3 cup 213 cal Bacon 3 slices 131 cal Pork Sausage Patties 4 oz 250 cal Hash Brown Potatoes 4oz 235 cal Cinnamon French Toast 2ea 90 cal Yogurt 4oz 100 Apples 1 sm 95 cal, Oranges 1 sm 95 cal Bananas 1 med 105 cal Bread 1 Slice Wheat 69 cal Bread 1 Slice White 79 cal Plain Bagel 1 ea 216 Cal Milk Coffee, Tea, Cocoa	**Breakfast** Assorted Juices Cereal/Hot and Cold Oatmeal ½ cup 79 cal Omelets to Order Eggs to Order Boiled Eggs 3ea 234 cal Sausage Gravy 4oz 135 Cal Bacon 3 slices 131 cal Sausage Links 2ea (4oz) 380 cal Belgian Waffles with Toppings 1 ea 500 cal Yogurt 4oz 100 Apples 1 sm 95 cal, Oranges 1 sm 95 cal Bananas 1 med 105 cal Bread 1 Slice Wheat 69 cal Bread 1 Slice White 79 cal Plain Bagel 1 ea 216 Cal Milk Coffee, Tea, Cocoa	**Breakfast** Assorted Juices Cereal/Hot and Cold Hominy Grits ½ cup 54 cal Omelets to Order Eggs to Order Boiled Eggs 3ea 234 cal Cream Beef 2/3 cup 213 cal Bacon 3 slices 131 cal Smoked Ham Slice 4oz 140 cal Hash Browns 4oz 235 cal French Toast 2 ea 90 cal Yogurt 4oz 100 Apples 1 sm 95 cal, Oranges 1 sm 95 cal Bananas 1 med 105 cal Bread 1 Slice Wheat 69 cal Bread 1 Slice White 79 cal Plain Bagel 1 ea 216 Cal Milk Coffee, Tea, Cocoa
Lunch	**Lunch** **Beefy Tomato Soup 1 cup 139 cal** Crackers Spring Chicken Scaloppini with Sauce 5oz 320 cal Mashed Potatoes w/ Caramelized Onions 4oz 186 cal Rice Medley 4oz 115 cal Sautéed Spinach with Onions1 cup 32 cal Roasted Rosemary Vegetables ½ cup 98 cal Fruit/Salad Bar Assorted Desserts	**Lunch** **Sausage and Tortellini Soup 1 cup 300 cal** Crackers Slow-Simmered Pork with Roasted Tomato-Jalapeno Vinaigrette on Hard Crusted Roll 1 ea 523 cal Lemony Oven Fries 4oz 185 cal Really Red Coleslaw 1 cup 64 cal Chef's Choice Vegetables Rolls Fruit/Salad Bar Assorted Desserts	**Lunch** **Classic Goulash 1 cup 386 cal** Crackers Game Hen with Rhubarb Barbecue Glaze ½ hen 375 cal Oven Roasted Potatoes 4oz 107 cal Steamed Brown Rice 4oz 126 cal Collard Greens with Smoked Ham 4 oz 42 cal Grilled Yellow Squash 4oz 42 cal Dinner Rolls Fruit Bar Salad Bar Assorted Desserts	**Lunch** **White Chicken Chili 1 cup 140 cal** **Crackers** **Grilled T-Bone Steak 8oz 481 cal** Gourmet Stuffed Potatoes 5oz 322 cal Sautéed Whole Green Beans 4 oz 44 cal Vegetable Du-Jour with Red Wine Sauce 4oz 317 cal Dinner Rolls 1 ea 102 cal Fruit/Salad Bar Assorted Desserts	**Lunch** Kale, White bean and Sausage Soup 1 cup 320 cal Crackers **Pan Seared Grouper 6oz 209 cal** Wild Rice Pilaf 4 oz 142 cal Brined Skillet-Roasted Brussels Sprouts 4oz 177 cal Steamed Cauliflower Crowns Dinner Roll 1 ea 120 cal Fruit/Salad Bar Assorted Desserts