

	PROPOSED CYCLE MENU WEEK 3	*lower calorie option	11/12/12 – 11/18/12	Revised 11/07/12	Updated 3/3/2012
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M O N D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft , Hard Cooked Eggs Omelets to Order Oven Fried Bacon Turkey Sausage Link Creamed Beef Biscuits <b>Ham, Cheese &amp; Egg Sandwich</b> 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	USCG Bean Soup Chicken Gravy <b>Spaghetti with Meat Sauce Garlic Bread Honey Baked Chicken</b> Mashed Potatoes 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	Hamburger/Cheeseburger Beef Hot Dogs <b>Mozzarella Sticks</b> Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad  <b>*Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms	USCG Bean Soup Chicken Gravy <b>Jaeger Schnitzel w/Bohemian Mushroom Sauce</b> <b>*Cajun Cornish Hens</b> Steamed Rice Old Bay Potatoes Deluxe Stir Fry vegetables Buttered Carrots *Sweet Snap 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	<b>Breakfast Pastry</b> Cream Cheese Danish Glazed Doughnuts Apple Cinnamon Muffins  <b>Lunch Pastry</b> 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  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 <b>Split Smoked Sausage, Egg and Cheese on Biscuit</b> 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	Chicken with White and Wild Rice Soup Chicken Gravy <b>*Irish Chicken and Dumplings Grilled Pork with Apricot Soy Sauce</b> 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	Hamburger/Cheeseburger Beef Hot Dogs <b>Grilled Ham with Provolone and American Cheese on Wheat Pizza Sticks</b> Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad  <b>PotatoBar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli	Chicken with White and Wild Rice Soup <b>Swedish Meatballs with Beef Gravy Blackened Chicken Breast</b> 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	<b>Breakfast Pastry</b> Jelly Doughnuts Coffee Cake Apple Turn over  <b>Lunch Pastry</b> Carrot Cake White Cake with Frosting Chocolate Cream Pie Apple Pie Choc. Chip Cookies *Orange Jello **NY Style Cheese Cake  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 <b>Canadian Bacon, Egg, &amp; Cheese English Muffin</b> 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	Broccoli and Cheese Soup Chicken Gravy <b>Red Hook Ale Fish Chicken and Sausage Gumbo</b> Fried Sweet Potato Wedges Steamed Rice 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	Hamburger/Cheeseburger Beef Hot Dogs <b>Buffalo Wings Yorktown Club on Sub</b> Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad  <b>Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms	Soup of the Day Brown Gravy <b>*Baked Salmon Key West Chicken Breast</b> 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	<b>Breakfast Pastry</b> Cinnamon Sugar Doughnuts Apple Muffin Cinnamon Twist  <b>Lunch Pastry</b> Marble Cake German Choc Cake Pineapple Upside Down Cake Coconut Cream Pie Fruit Cocktail Bread Pudding w/Raisin Sauce Apple Turnovers Chocolate Chip Cookies  Soft Serve Vanilla/Chocolate Ice Cream Toppings

<p><b>T</b> <b>H</b> <b>U</b> <b>R</b> <b>S</b> <b>D</b> <b>A</b> <b>Y</b></p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Patties Cream Beef Biscuits <b>Sausage, Egg, and Cheese Biscuit</b> 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 <b>Chicken Parmesan</b> <b>Blazy's Pepperoni Studded Lasagna</b> Garlic Bread Steamed Rice Buttered Noodles 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 <b>Italian Sausage Sandwich</b> <b>Mushroom Swiss Burger</b> 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  <b>Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Soup of the Day Vegetable Gravy <b>Yankee Pot Roast</b> <b>Teriyaki Chicken Quarters</b> 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><b>Breakfast Pastry</b> Cranberry Muffins Caked Doughnuts Peach Kolaches  <b>Lunch Pastry</b> 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><b>F</b> <b>R</b> <b>I</b> <b>D</b> <b>A</b> <b>Y</b></p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Breakfast Steak Cream Beef Biscuits <b>Bacon, Egg and Cheese Sandwich</b> <b>Home Fried Potatoes</b> 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 <b>BELGIAN WAFFLE STATION</b> 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 <b>5 oz Grilled Ham Steak with Pineapple Glaze</b> <b>*Stuffed Chicken Breast</b> 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 <b>Grilled Triple Cheese Sandwich</b> <b>Chopped BBQ Chicken w/ Cole Slaw</b> Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad  <b>Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms</p>	<p>New England Clam Chowder Chicken Gravy <b>Chicken Cordon Bleu</b> <b>*Lemon Baked Fish</b> 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><b>Breakfast Pastry</b> Glazed Doughnuts Cinnamon Rolls Raisin Muffins  <b>Lunch Pastry</b> 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><b>S</b> <b>A</b> <b>T</b> <b>U</b> <b>R</b> <b>D</b> <b>A</b> <b>Y</b></p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Ham Slice Cream Beef Biscuits <b>Breakfast Burrito</b> 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 Cream Gravy <b>Orange Chicken</b> <b>*BBQ Spareribs</b> Steak Fries Rice Pilaf 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 <b>Bacon Cheeseburgers</b> Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad  <b>Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Steamed Broccoli</p>	<p>Soup of the Day <b>Cheese Manicotti w/Beef Sauce</b> <b>Grilled Pork chops</b> Pork Gravy Rice Pilaf Parsley Boiled Potatoes Succotash Green Beans with Diced Tomatoes 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><b>Breakfast Pastry</b> Blueberry Muffins Quick Coffee Cake Sugar Donuts  <b>Lunch Pastry</b> 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>

<b>S</b>  <b>U</b>  <b>N</b>  <b>D</b>  <b>A</b>  <b>Y</b>	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Links Cream Beef Biscuits <b>Bacon, Egg, and Cheese English Muffin</b> 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	Jambalaya Soup Brown Gravy <b>*Grilled Strip Steak</b> <b>Blackened Chicken Pasta</b> *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	Hamburger/Cheeseburger Beef Hot Dogs <b>Italian Sub</b> 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  <b>Potato Bar</b> Bacon Bits Cheese Butter Sour Cream Chives Salsa Chili Grilled Mushrooms	Soup of the Day Brown Gravy <b>*Fried Grouper Fillet</b> <b>Beef and Asparagus</b> 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	<b>Breakfast Pastry</b> Pecan Rolls Apple Kolaches Banana Nut Bread  <b>Lunch Pastry</b> 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
--	--	--	--	--	---