Cycle	February 13, 2017	February 14, 2017	February 15, 2017	February 16, 2017	February 17, 2017
1	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** **Best Ever Tomato Soup 1 cup 210 cal** Crackers 2 ea 50 cal Mediterranean Stuffed Chicken Breast 5oz 210 cal Apricot Pan Sauce 2oz 62 cal Brown Rice Vegetable Pilaf 4oz 210 cal Caramelized Green Beans 4oz 131 cal Corn and Zucchini Medley 4oz 68 cal Fruit/Salad Bar Assorted Desserts	**Lunch** **White Chicken Chili 1 cup 219 cal** Crackers 2 ea 50 cal Pork Back Ribs w/ Spicy Dipping Sauce 4 oz 235 cal Seasoned Baked Potato Wedges 4oz 82 cal Grilled Vegetable Kabobs 4oz Roasted Corn on the Cob ½ 127 cal Dinner Rolls 1 ea 120 cal Fruit/Salad Bar Assorted Desserts	**Lunch** **Beef and Wild Rice Soup 1 cup 302 cal** Crackers 2 ea 50 cal Mushroom-Smothered Chicken Toasted Baguette Creamy Garlic Mashed Potatoes 4oz Steamed Spinach 4oz Chef's Choice Vegetables Dinner Rolls 1 ea 120 cal Fruit/Salad Bar Assorted Desserts	**Lunch** **Best Ever Tomato Soup 1 cup** Crackers 2 ea 50 cal **Fennel-Lime-Crusted Beef Tenderloin 6oz** Beef Au Jus2 oz Steamed Wild Rice ½ cup Feta Stuffed Tomatoes 1 ea Asparagus Mornay 3 oz Dinner Rolls 1 ea 120 cal Fruit/Salad Bar Assorted Desserts	**Lunch** **Garden Vegetable Soup 1 cup 108 cal** Crackers 2 ea 50 cal **Orange Spinach Stuffed Snapper 6 oz 256 Cal** Cilantro Potatoes 4 oz Seasoned Broccoli with Olive Oil, Garlic, and Lemon 4oz Seasoned Baked Yellow Squash 4oz Northern Corn Muffins ea Dinner Rolls 1 ea 120 cal Fruit/Salad Bar Assorted Desserts