



	PROPOSED CYCLE MENU WEEK 6	*lower calorie option	Update 10/17/2012	October 22– 28, 2012	
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M	Low Fat Yogurt 3 Types Eggs to Order/Soft , Hard Cooked Eggs Omelets to Order Oven Fried Bacon Hot Smoked Sausage	Tortellini Tomato Spinach Soup Beef Gravy Swedish Meatballs Béchamel Chicken Pasta	Hamburger/Cheeseburger Beef Hot Dogs BBQ Pork Sandwich Panini Grilled Honey Mustard Chicken Sandwich	Tortellini Tomato Spinach Soup Beef Gravy Turkey Lasagna *Roasted Beef	Breakfast Pastry Cherry Danish Glazed Doughnuts Blueberry Muffins
O	Creamed Beef Biscuits	Buttered Egg Noodles Rice Pilaf Steamed Seasoned Cauliflower Green Beans Corn Combo	Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos	Garlic Toast Mashed Potatoes Steamed Rice Mixed Vegetables	Lunch Pastry Carrot cake White Cake w/Frosting Choc Cream Pie Apple Pie Oatmeal Cookies M & M Cookies Strawberry Jello **NY Cheesecake w/Topping
N	Ham & Egg Cheese Sandwich	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	Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad	Turnip Greens Brussels Sprouts 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	Soft Serve Vanilla/Chocolate Ice Cream Toppings
D	Home Fried Potatoes Pancakes/French Toast Maple and Strawberry Syrup				
A	Hominy Grits/Oatmeal Asst Cereals				
Y	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, Pears, Watermelon Raisins Condiments/Spreads				
T	Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Grilled Italian Sausage Oven Fried Bacon Creamed Beef Biscuits	Spicy Asian Chicken Soup Beef Gravy Teriyaki Sauce *Sweet and Sour Chicken Beef and Broccoli	Hamburger/Cheeseburger Beef Hot Dogs *Buffalo Style Chicken Fritter Turkey Burger	Soup of the Day Pork Gravy *Mexicali Pork Chop Southern Fried Catfish	Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn over
U	Sausage, Egg, and Cheese English Muffin	Fried Egg Rolls Shrimp Fried Rice Herbed Asparagus Tempura Fried Vegetables Noodles w/Stir Fry Vegetables 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	Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad	Flamed Roasted Apples Steamed Rice Green Beans Chef Cut Garden Medley Sautéed Onions and Carrots 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	Lunch Pastry Marble Cake Red Velvet Cake Coconut Custard Pie Coconut Cream Pie Fruit Cocktail Bread Pudding w/Raisin Oatmeal Cookies Chocolate Chip Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings
S	Hash Brown Potatoes Pancakes/French Toast Maple and Blueberry Syrup				
D	Hominy Grits/Oatmeal Asst Cereals				
A	Bagels, Plain, Onion, Raisin Croissants				
Y	Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Apples, Cantaloupe Raisins Condiments/Spreads				
W	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits	Tuscan Vegetable Soup Chicken Gravy Fiesta Lime Chicken Beef Fajitas	Pizza Fest Wednesday Cheese Pizza Pepperoni Pizza Veggie Pizza Supreme Pizza Hawaiian Pizza (Lunch only) No Deli During Lunch	Soup of the day Cream Gravy Pork Tenderloin w/Orange Glaze Sauce Thai Chicken Pasta	Breakfast Pastry Cream Cheese Danish Chocolate Donuts Cinnamon Orange Muffin
E	Canadian Bacon, Egg and Cheese Sandwich	Herb Roasted New Potatoes Mexican Fiesta Rice Flame Roasted Corn/Black Bean Fiesta Broccoli Carrots Almondine 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 Grilled Cheese Sandwich Condiments Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings	Scalloped Potatoes Rice Roasted Chicken Flavor Green Beans w/Red Potatoes Honeyed Carrots Simmered Greens 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	Lunch Pastry Pound Cake w/Topping Too Much Choc Cake Back in Business Banana Bread Pudding Pecan Pie Sugar Cookies Peanut Butter Cookies Cherry Jello w/Whip Topping Soft Serve Vanilla/Chocolate Ice Cream Toppings
N	Home Fried Potatoes Pancakes/French Toast				
E	Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals				
S	Asst Breakfast Breads				
D	Bagels: Plain, Cinn Raisin ,Blueberry Croissants				
A	Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast				
Y	Asst Carbonated Beverages Milk Bananas, Oranges, Apples Raisins/Seasoned Fruit		Cold Pasta Bar Pizza Pasta Salad Ranch Pasta Salad		

<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 Links Cream Beef Biscuits Sausage, Egg, & Cheese Croissant Hash Brown Potatoes Pancakes /French Toast Maple and Blueberry 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, Pears, Apples Raisins/Seasoned Fruit Condiments/Spreads</p>	<p>Broccoli and Cheese Soup Brown Gravy Shepherd Pie Grilled Blackberry Glazed Smoked Ham Vegetable Rice Pilaf Harvest Deep Groove Sweet Potatoes Whole Kernel Corn Sautéed Asparagus Steamed Carrots 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>Hamburger/Cheeseburger Beef Hot Dogs Fish Sandwich Chicken Salad w/Fresh Spinach Leaves/Tomato Slice on Croissant</p> <p>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>Cold Pasta Bar Healthy Pasta Salad Chinese Pasta Salad</p>	<p>Soup of the day Chicken Gravy Chicken Marsala Cajun Meatloaf Mashed Potatoes and Chives Steamed Rice French Fried Okra Sesame Green Beans Marinated Vegetable Slaw 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 Carrot muffin Caked Doughnuts Peach Danish</p> <p>Lunch Pastry Lemon Layer Cake Toasted Coconut Cake Chocolate Mousse Pie Boston Cream Pie Choc Chip Cookies Peanut Butter Cookies Orange Jello</p> <p>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 Seasoned Turkey Sausage Cream Beef Biscuits Bacon, Egg, and Cheese on Biscuit Hash Brown Potatoes Pancakes /French Toast Strawberry and Maple 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 Banana, Strawberries, Pears Raisins Condiments/Spreads</p>	<p>October's Surf and Turf Luncheon Chicken and Shrimp Tortilla Soup Sliced New York Strip Steak with Cognac Peppercorn Sauce Lemon-Garlic Shrimp and Vegetables Fettuccine Pasta with Diced Tomatoes Grilled Chicken Breast w/Orange Zesty Sauce Herb Roasted Potatoes Green Beans Shallots and Apple-wood Bacon Roasted Butternut Squash w/ Cinnamon Brown Sugar Glazed Hot White/Wheat Rolls Garlic and Cheddar Biscuits Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar</p>	<p>* No Speed Line during Lunch meal! Hamburger/Cheeseburger Beef Hot Dogs Hot Wings 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>Specialty Bar Roasted Sweet Potatoes with Butter</p> 	<p>Soup of the Day Pork Gravy Peppered Chicken Tenders Grilled Pork Tenderloin Seasoned Steak Fries Steamed Rice Whole Kernel Corn Sautéed Squash Steamed Cauliflower 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</p>	<p>Breakfast Pastry Glazed Doughnuts Cinnamon Rolls Banana Nut Muffin</p> <p>Lunch Pastry German Chocolate Cake Dump Cake V Bread Pudding Apple Pie Choc Chip Cookies Cherry Jello Vanilla Pudding</p> <p>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 Home Fried Potatoes Pancakes/French Toast Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion ,Blueberry Croissants, Coffee/Reg/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Bananas, Oranges, Apples, Raisins/Fresh Slice Fruit or Seasoned Fruit Condiments/Spreads</p>	<p>Curried Chicken Soup Chicken Gravy Sesame Pork Chops Southern Fried Chicken Red Bliss Potatoes Steamed Rice Cauliflower Combo Brussels Sprouts Green Beans and Mushrooms Garlic Bread Sticks 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 Mushroom Swiss Bacon Cheeseburger 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>Cold Pasta Bar Chicken &Pasta Salad</p>	<p>Soup of the day Chicken Gravy Italian Sausage Rigatoni in a Spicy Vodka Sauce Teriyaki Chicken Quarters Vegetable Rice Pilaf Mashed Potatoes with White Cheddar Steamed Carrots Simmered Greens Creamed 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 Blueberry Muffins Quick Coffee Cake Sugar Rolls</p> <p>Lunch Pastry Sock it to me Cake Best Ever Chocolate Cake Chocolate Pudding Orange Jello Chocolate Chip Cookies Sugar Cookies</p> <p>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 Patties Cream Beef Biscuits Bacon, Egg, and Cheese English Muffin Hash Brown Potatoes Pancakes/French Toast Maple Syrup Instant Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, 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, Pears, Apples Raisins/Fresh in Seasoned Fruit Condiments/Spreads</p>	<p>Creamy Corn and Sausage Chowder Brown Gravy Southwestern Chicken and Fettuccini *Fried Rock Fish Fillet Steamed Rice Oven Glow Potatoes Steamed Corn Green Bean Medley 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 Shrimp Poppers Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Cold Pasta bar Macaroni Salad</p>	<p>Soup of the Day Seasoned Grilled Chicken Breast *Roasted Beef Brown Gravy Garlic Mashed Potatoes Rice Pilaf Mixed Vegetables Steamed Spinach Broccoli Polonaise 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 Danish Banana Bread Lunch Pastry Coconut Cake Choc Cake Apple pie Brownies Butter Cookies Orange Jello Vanilla Pudding Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
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