

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Farmers Market Individual Omelets Home Fries Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk	<b>2</b> Home Fries Shakshuka Original Life Cereal Plain Pita Fruit, Juice and Milk	<b>3</b> Plain French Toast (pre-prepared) (2) Turkey Bacon Farina Fruit, Juice and Milk
<b>6</b> Scrambled Eggs with Swiss Home Fries with Peppers and Onions Whole Wheat Bread Fruit, Juice and Milk	<b>7</b> Pancakes (pre-prepared) (2) Pork Sausage Link Oatmeal (1/2 cup) Fruit, Juice and Milk	<b>8</b> Eggs Benedict Home Fries with Peppers and Onions Raisin Bran Cereal Fruit, Juice and Milk	<b>9</b> Plain French Toast (pre-prepared) (2) Turkey Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	<b>10</b> Grilled Cheese Sliced Tomatoes Turkey Bacon Oatmeal (1/2 cup) Fruit, Juice and Milk
<b>13</b> Egg a la Mexicana Bran Flakes Cereal Whole Wheat Tortilla Apple Juice Fruit, Juice and Milk	<b>14</b> Turkey Sausage Patty Waffles (Pre-Prepared) (2) Raisin Bran Cereal Fruit, Juice and Milk	<b>15</b> Home Fries Shakshuka Plain Pita Fruit, Juice and Mil	<b>16</b> Cinnamon French Toast Pork Sausage Link Fruit, Juice and Milk`	<b>17</b> Western Frittata English Muffin, Whole Wheat Oatmeal (1 cup) Fruit, Juice and Milk
<b>20</b> <b>Center Closed- Presidents Day</b>	<b>21</b> Home Fries Scrambled Eggs with Swiss Whole Wheat Bread Fruit, Juice and Milk	<b>22</b> Farmers Market Individual Omelets Mini Croissant Raisin Bran Cereal Fruit, Juice and Milk`	<b>23</b> Pork Sausage Link Waffles (Pre-Prepared) Toasted Oats Cereal Fruit, Juice and Milk	<b>24</b> Grilled Mozzarella and Tomato Whole Wheat Sandwich Bran Flakes Cereal Fruit, Juice and Milk
<b>27</b> Cheesy Grits Scrambled Eggs Mini Whole Wheat Bagel Raisin Bran Cereal Fruit, Juice and Milk`	<b>28</b> Pancakes (pre-prepared) (2) Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	<b>In Person Breakfast   Monday – Friday</b> <b>9:00 AM – 10:00 AM   2nd FL. Dining Room</b> <b>Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat.</b> <b>Everyone must finish eating by 10:30AM*</b>		

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Three Bean Chili with Cheddar Cheese Brown Rice (1 cup) Cornbread Steamed Cauliflower Fruit and Milk	<b>2</b> White Bean Soup Chicken Parmigiana Garlic Bread Sautéed String Beans Fruit and Milk	<b>3</b> Baked Salmon with Cilantro Citrus Sauce Challah Bread Baked Sweet Potato Cali Blend Veggies Fruit and Milk
<b>6</b> Chicken Barley Soup Breaded Fish Baked Potato Wedges Creamed Spinach Fruit and Milk	<b>7</b> Baked Mushroom Chicken WW Dinner Roll Broccoli and Peppers Cauliflower and Potato Mash Fruit and Milk	<b>8</b> Butternut Squash Soup Vegetable Lasagna Garlic Bread California Blend Vegetables Fruit and Milk	<b>9</b> BBQ Pork Chops WW Dinner Roll Baked Macaroni and Cheese Braised Collard Greens Fruit and Milk	<b>10</b> Ginger and Lime Salmon Quinoa (1 cup) Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk
<b>13</b> Vegetarian Chili Brown Rice Cornbread Mixed Green Salad Fruit and Milk	<b>14</b> Lentil Soup Chicken Breast with Fresh Tomato and Feta Plain Pita Baked Red Potato Beet Salad Fruit and Milk	<b>15</b> Hamburgers Whole Wheat Hamburger Bun Health Slaw Potato Salad Fruit and Milk	<b>16</b> Egg Drop Soup Sweet and Sour Pork Chop Rice with Vegetables Broccoli with Toasted Garlic Fruit and Milk	<b>17</b> Salmon in Garlic Butter Sauce WW Dinner Roll Potato Pancake Steamed Peas and Carrots Fruit and Milk
<b>20</b> <b>Center Closed - Presidents Day</b>	<b>21</b> Mushroom Barley Soup Baked Pork Chops Whole Wheat Dinner Roll Garlic and Rosemary Roasted Potatoes Fruit and Milk	<b>22</b> California Veggie Burger Lettuce and Tomato Whole Wheat Hamburger Bun Mixed Green Salad Sweet Potato Fries Fruit and Milk	<b>23</b> White Bean Soup Meat Sauce Garlic Bread Penne (1/2 cup) Arugula Salad with Balsamic Vinaigrette Fruit and Milk	<b>24</b> Sweet Potato Coconut Curry Fish Brown Rice with Pigeon Peas Sautéed String Beans Fruit and Milk
<b>27</b> Turkey Bean Chili Brown Rice (1 cup) Cornbread Mixed Green Salad Fruit and Milk	<b>28</b> BBQ Pulled Pork Whole Wheat Hamburger Bun Cabbage Carrot Slaw Roasted Potatoes Fruit and Milk Ambrosia Fruit Salad	<b>In Person Lunch   Monday – Friday</b> <b>12:00 PM – 1:00 PM   2nd FL. Dining Room</b> <b>Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*</b>		