



SESSION 4 MENU (Week 1)

SUNDAY

DINNER: Linguine pasta, meatballs and marinara sauce, rolls & salad bar

MONDAY

BREAKFAST: Pancakes, hard-boiled eggs & bacon

LUNCH: Grilled cheese sandwiches & tomato soup

DINNER: Cheese tortellini & mushrooms w/ spinach

TUESDAY

BREAKFAST: Scrambled eggs & hash browns

LUNCH: Chicken Carnitas Sliders with potato chips

DINNER: Taco Tuesday, pinto beans, chips w/ salsa & guacamole

WEDNESDAY

BREAKFAST: French toast, hard boiled eggs & pork sausage links

LUNCH: Meatball subs & tator tots

DINNER: Teriyaki chicken, steamed rice, & stir fry veggies

THURSDAY

BREAKFAST: Scrambled eggs & cinnamon rolls

LUNCH: Quesadillas, pinto beans, chips w/ salsa & guacamole

DINNER: Lasagna w/ grilled zucchini

FRIDAY

BREAKFAST: Waffles with strawberries and cream & pork sausage

LUNCH: Pita bread with chicken, Tabouleh, hummus & Tzatziki sauce

DINNER: Chicken pot pie & roasted potatoes

SATURDAY

BREAKFAST: Build Your Own Breakfast Burritos

LUNCH: Pizza squares: ham & pineapple or cheese

DINNER: Burgers w/ curly fries

*all meals include GF & Vegan options



SESSION 4 MENU (Week 2)

SUNDAY

BREAKFAST: Scrambled eggs & bread pudding

LUNCH: French dip sandwiches & Ruffles

DINNER: Chicken Fajitas with grilled peppers, tortilla chips & black beans

MONDAY

BREAKFAST: French toast, hard boiled eggs & pork sausage

LUNCH: Quesadillas, pinto beans, chips w/ salsa & guacamole

DINNER: Orange chicken, steamed rice & stir fried veggies

TUESDAY

BREAKFAST: Breakfast Quesadillas w/ blueberry muffins

LUNCH: Chili with baked potatoes

DINNER: Tri-Tip w/ mushrooms and onions & mashed potatoes

WEDNESDAY

BREAKFAST: Pancakes, bacon & hard-boiled eggs

LUNCH: Ciabatta sandwiches, Ruffles chips, egg salad, tuna & hummus

DINNER: Manacotti w/ green beans and tomatoes & dinner rolls

THURSDAY

BREAKFAST: Scrambled eggs & hash browns

LUNCH: Chicken strip wraps & broccoli salad

DINNER: Personal Pizzas w/ caesar salad

FRIDAY

BREAKFAST: Waffles with strawberries and cream & pork sausage

LUNCH: Hot dogs w/ mac & cheese

BANQUET: Parmesan Chicken, alfredo pasta, roasted broccoli & cauliflower, dinner rolls, fruit, & sparkling apple soda

*all meals include GF & Vegan options