Rotating Menu
Week One

SUN
BREAKFAST
oatmeal w/ berries and pecans

LUNCH
bean burrito, sauteed peppers, salsa rice

DINNER
rotisserie chicken, salad, green beans, roasted potatoes

MON
BREAKFAST
spinach eggs w/ roasted potatoes, fruit

LUNCH
sausage kale soup, biscuit, fruit

DINNER
taco salad

TUES
BREAKFAST
sweet potato toast w/ almond butter, fruit

LUNCH
chicken salad wrap, baby carrots, fruit

DINNER
black bean soup, salad, cornbread

WED
BREAKFAST
quinoa bowl with salsa eggs, fruit

LUNCH
cobb salad, fruit

DINNER
salmon burger, sweet potato, corn, peas

THUR
BREAKFAST
peanut butter cup oats, fruit

LUNCH
black bean soup, cornbread, fruit

DINNER
chicken fried rice, garlic green beans, soy-garlic mushrooms

FRI
BREAKFAST
sausage and grits, fruit

LUNCH
egg sandwich, salad, fruit

DINNER
taco stuffed peppers, sliced tomatoes, rice

SAT
BREAKFAST
hot cereal, breakfast ham, fruit

LUNCH
goat cheese and walnut acorn squash, salad, fruit

DINNER
mushroom frittata, french onion soup, garlic toast

Rotating Menu
Week Two

SUN

BREAKFAST
leftover frittata, roasted potatoes, fruit

LUNCH
taco stuffed peppers, salsa rice, fruit

DINNER
spaghetti with coral sauce, green beans, garlic toast

MON

BREAKFAST
oats with apples and walnuts, cafe au lait

LUNCH
tuna stuffed tomatoes, french onion soup, fruit

DINNER
chili w/ cornbread, salad

TUES

BREAKFAST
parmesan pepper eggs, toast, fruit

LUNCH
chicken bacon ranch salad, fruit

DINNER
egg roll in a bowl, soy-garlic mushrooms, rice

WED

BREAKFAST
yogurt with berries

LUNCH
broccoli cheese baked potato, baby carrots

DINNER
chili spaghetti, sauteed peppers and onions

THUR

BREAKFAST
pumpkin spice oats, fruit

LUNCH
salmon burger, vegetable soup, fruit

DINNER
meatloaf, mashed potatoes, baby carrots, green beans

FRI

BREAKFAST
nut butter toast with cinnamon, fruit

LUNCH
egg sandwich, vegetable soup, fruit

DINNER
chicken stir-fry, rice

SAT

BREAKFAST
shrimp and grits, fruit

LUNCH
take and bake pizza, tossed salad

DINNER
sausage kale soup, garlic toast, baked apple