

Week of Sept. 25-Oct. 1

Well Balanced Plate is in **BOLD RED PRINT**

	Friday Lunch	Saturday Brunch	Sunday Brunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch
<u>Classics</u>	Fried Catfish Hush Puppies	Sausage Gravy/Biscuits Scrambled Eggs Hash Browns Salisbury Steak	Sausage Gravy & Biscuits Scrambled Eggs Frizzled Ham Roasted Gravy Pork Loin	Sloppy Joe	Hot Dogs Nachos Mac & Cheese Grilled Kielbasa	Italian Beef Top Round Baked Potato	Chicken Fried Steak
<u>Grill</u>	S'mores Quesidillas			Nachos/Bean/Chees	Chicken Sandwich		Egg Burritos
<u>Expeditions</u>	Chicken Stir-fry			Pasta/Tomato/Olives	Caesar Salad Bar	Veggie Cacciatore Linguine	Stir Fry Pork Rice
<u>Pizza</u>	Tostada Chicken		Cheese Italian Sausage	Pepperoni Cheese		Herb-seasoned Breadsticks	
	Friday DINNER	Saturday DINNER	Sunday DINNER	Monday DINNER	Tuesday DINNER	Wednesday DINNER	Thursday DINNER
<u>Classics</u>	Beef Top Round	Turkey Fritters Brown Rice	Southwest Chicken Breas	Vegetarian Paella	Herb-rubbed Turkey Breast	Chicken Stir Fry Steamed Brown Rice	Penne Spaghetti Fettucini Alfredo Sauce
<u>Grill</u>	Chili Dogs			S'mores Quesadillas			
<u>Expeditions</u>	Turkey Chipotle Wrap			Chicken A LA King	Rigatoni in Arrabiata Sauce		Chef Salad Wrap
<u>Pizza</u>					Stromboli		