

	MONDAY 7:30 SERVE	TUESDAY 7:30 SERVE	WEDNESDAY 7:30 SERVE	THURSDAY 7:30 SERVE	FRIDAY 7:30 SERVE	
	MENU SUBJECT TO CHANGE					
	MASTER					
BREAKFAST	**Breakfast Cereals offered : Rice Chex 23g. Or Cherrios 20g. or Raisin Bran 45g	1 W/W Pancake 15 gr Pork Sausage Links 2 gr Butter /Syrup 1/2 Cup Canned Pears 15g.	Egg & Cheese Breakfast Sandwich 24.5 gr Hashbrown Potato 14g. 1/2 Cup Apple Sauce Cup 14g.	French Toast 17g. Pork Sausage Links 2 gr Butter /Syrup 1/2 Cup Canned Pears 15g.	Baked Choc Chip Pancakes Hashbrown Potato 20 gr Butter /Syrup 1/2 Cup Canned Peaches 15g.	
		Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	
	HIKING SNACKS: FRITOS-BULK 1# BAGS 12g. String Cheese and or Craisins	Hard Boiled Eggs-Opt. Back 1/2 Banana 15 gr Tangerine 9 gr Yogurt 4.5 gr Whole Milk 12 gr	1/2 Banana 15 gr Tangerine 9 gr Yogurt 4.5 gr Whole Milk 12 gr	Hard Boiled Eggs-Opt. Back 1/2 Banana 15 gr Tangerine 9 gr Yogurt 4.5 gr Whole Milk 12 gr	Hard Boiled Eggs-Opt. Back 1/2 Banana 15 gr Tangerine 9 gr Yogurt 4.5 gr Whole Milk 12 gr	
	12:15 SERVE	12:15 SERVE	12:15 SERVE	12:15 SERVE	11:15 SERVE	
LUNCH	Beef & Cheese Enchiladas 51 gr Sweet spicy Black Beans 20 gr Corn Tortilla Chips 17 gr Lettuce Apple 24g. Full Salad Bar Corn Salsa Whole Milk 12 gr	Chicken Pot Pie w/Biscuit 28 gr Fresh Grapes 14 gr Full Salad Bar Whole Milk 12 gr	Beef Burgers W/Burger Bun 29 gr Oven French Fries 27 gr Cheese,Lettuce, Pickles Onions, Tomatoes 1/2 Banana 15g. Full Salad Bar Whole Milk 12 gr	Hawaiian Chicken Wraps 41.5 gr Fried Rice 23 gr 1/2 Orange 9.5g. Full Salad Bar Whole Milk 12 gr	Cheese Pizza 33 gr Glazed Banana Muffin Fruit Salad 15g. Whole Milk 12 gr	
	5:00 SERVE	5:00 SERVE	5:00 SERVE	5:00 SERVE		
DINNER	Chicken and Alfredo Sauce 7gm. Penne Pasta 40g. Carrots 8g. Homemade Focaccia Bread 20g Butter Chocolate Cake 32 gr Full Salad Bar Apples 24 gr Whole Milk 12 gr	Chicken Fajitas 17 gr Flour Tortilla 16g. Spanish Rice 43 gr Cheese & Lettuce Corn Tortilla Chips 17g. Chocolate Ice Cream Bar 16 gr **TACO BAR Full Salad Bar Apples 24 gr Whole Milk 12 gr	2 Chicken Strips 9g. Mashed Potatoes/Gravy 45g. 1/4 C. Corn 8.5 g. Homemade Cornbread 32 gr Apple Crisp 16 gr Full Salad Bar Apples 24 gr Whole Milk 12 gr	Totini Pasta w/Meat Sauce 35g. Homemade Garlic Bread 20 gr Green Beans 3g. Apple Pie, Vanilla Ice Cream 15g (2.2oz) Full Salad Bar Apples 24 gr Whole Milk 12 gr	Tuesday Night Dinner **Taco Bar Sour Cream Olives Jalapeno's Chips Salsa Corn Salsa	
8:30 PM	COOKIE 25g	COOKIE 25g	COOKIE 25g	COOKIE 25g.		