Family Retreats Sample Menu Items (Special Dietary Requests Available)

	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day
В	Orange Juice	Orange Juice	Apple Juice	Apple Juice	Orange Juice	Apple Juice	CONTINENTAL BREAKFAST
R	Egg "O" Muffins	Cheddar Cheese Omelets	Pancakes	Breakfast Burritos	Scrambled Eggs	French Toast	Apple/Orange Juice
К	(eggs, ham, cheese and	Toast	Warm Syrup	(scrambled, diced onions	Toast	Warm Syrup	Assorted Danishes
F	warm English muffins)	Cantaloupe Sections	Jimmy Dean Sausages	diced peppers & sausages)	Cantaloupe Sections	Fruit Sections	Banana Bread, Bagels
S	Cantaloupe Sections	Home fries	Fruit Sections	Salsa Sauce	Crispy Bacon	Jimmy Dean Sausages	Yogurt, Cream Cheese
т							Cinnamon Bun, Fruit Salad
	Available at every breakfast: Hot & Cold Cereals, Bread, Margarine, Jam, Honey, Hot Chocolate, Coffee, Tea, Real Juice, Creamers and Milk. (Toast available upon request)						
	Salad and Soup of the Day	Salad and Soup of the Day	Salad and Soup of the Day	Salad and Soup of the Day	Salad and Soup of the Day	Salad and Soup of the Day	COOK OUT
	Grilled Turkey & Cheese	Homemade	Fish and Chips	Mexican Chicken Fajitas	Meatball Subs	Diced Chicken	Hamburgers/Hot Dogs on Buns
L	Toast Paninis	Whole Wheat	French Fries	Whole Wheat & White	With Cheese	Warmed Pita Bread	French Fries & Onions Rings
U	Hash brown Sticks	Pepperoni/Cheese	Carrot Sticks	Flour Tortilla	Homemade Buns	Rice Pilaf	Assorted Condiments
Ν	Carrot & Celery Sticks	and Deluxe Pizza		Shredded Cheese	Potato Pompoms	Tzatziki Sauce	Vegetable Tray & Ranch Dip
с		Ranch Dip		Shredded Lettuce	Pickles	Diced Tom/Cucumber	(carrots, broccoli, cauliflower, etc)
н				Salsa Sauce & Sour Cream	Assorted Condiments	Vegetable Tray & Dip	
	Available at Every Lunch:	Dessert, Condiments, Fruite	Drink, Cold Water, Milk, Co	ffee, Tea, Creamers and Dri	nk		
D	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day	Salad of the Day
1	Homemade Lasagna	Cajun Chicken	Roast Beef au Jus	Arribata Penne with	B.B.Q Chicken	Roast Turkey & Gravy	Homemade Bread
Ν	(with mushroom, onions	(sauce on side)	Roast Potatoes	Fresh Roasted Vegetables	(extra bbq sauce on side)	Bread Dressing	Grilled Chicken Breast
Ν	peppers & celery)	Seasoned Rice Pilaf	Buttered Green Beans	and sausage	Baked Potatoes/Sour cream	Mashed Potatoes	Garlic & Paprika Roast Potatoes
Е	Focaccia Bread	Fresh Mixed Vegetables	Steamed Cauliflower	Garlic Bread	Corn-on-the-cob	Steamed Brocolli	Glazed Baby Carrots
R		Homemade Bread	Horseradish	Parmesan Cheese		Cranberry Sauce	-
	Available at Every Dinner: Dessert, Condiments, Cold Water, Milk, Coffee, Tea, Creamers and Drink (Pop and drinks available and sold served separately)						
	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day	Sample Day
В	Sample Day Orange Juice	Sample Day Orange Juice	Sample Day Apple Juice	Sample Day Apple Juice	Sample Day Orange Juice	Sample Day Apple Juice	Sample Day CONTINENTAL BREAKFAST
B R		. ,	Apple Juice				1 /
	Orange Juice	Orange Juice	Apple Juice	Apple Juice	Orange Juice French Toast	Apple Juice	CONTINENTAL BREAKFAST
R	Orange Juice Egg "O" Muffins (eggs, ham, cheese and	Orange Juice Cheddar Cheese Omelets	Apple Juice Pancakes	Apple Juice Breakfast Burritos	Orange Juice French Toast	Apple Juice Scrambled Eggs Toast	CONTINENTAL BREAKFAST Apple/Orange Juice
R K	Orange Juice Egg "O" Muffins	Orange Juice Cheddar Cheese Omelets Toast	Apple Juice Pancakes Warm Syrup	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages)	Orange Juice French Toast Warm Syrup	Apple Juice Scrambled Eggs Toast	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes
R K F	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins)	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages)	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections	Apple Juice Scrambled Eggs Toast Cantaloupe Sections	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels
R K F S	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
R K F S	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana coolate, Coffee, Tea, Real Juic Salad and Soup of the Day	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
R F S T	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Mo Salad and Soup of the Day Chicken Quesadillas	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Cha	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana peolate, Coffee, Tea, Real Juic	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast o	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Evaliable upon request) Salad and Soup of the Day Beef Burritos	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
R K F S T	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Cha Salad and Soup of the Day	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana coolate, Coffee, Tea, Real Juic Salad and Soup of the Day	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast o Salad and Soup of the Day Homemade	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon available upon request) Salad and Soup of the Day	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad
R F S T	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Mo Salad and Soup of the Day Chicken Quesadillas	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chu Salad and Soup of the Day Turkey B.L.T	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana coolate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast o Salad and Soup of the Day Homemade	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Evaliable upon request) Salad and Soup of the Day Beef Burritos	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns
R F S T L U	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chu Salad and Soup of the Day Turkey B.L.T Club Sandwiches	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana coolate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Buns	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Evaliable upon request) Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings
R F S T U N	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla)	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Cha Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes)	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana coolate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Buns Sliced Tomatoes	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments
R F S T U N C	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Mi Salad and Soup of the Day Chicken Quesadillas (Use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chr Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana colate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Buns Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip
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R F S T U N C H I N	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips Available at Every Lunch: Salad of the Day Homemade Vegetarian Three Cheese Lasagna	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream Dessert, Condiments, Fruite Salad of the Day Roast Beef Roast Potatoes	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chr Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip Drink, Cold Water, Milk, Col Salad of the Day Chicken Souvlaki Lemon Greek Potatoes	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana colate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Burs Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries Ifee, Tea, Creamers and Dri Salad of the Day Shepard's Pie Homemade Buns	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip nk Salad of the Day B.B.Q. Chicken (extra bbg sauce on side)	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon available upon request) Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce Salsa Sauce & Sour cream Salad of the Day Roast Pork & Gravy Mashed Potatoes	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc) Salad of the Day Tossed Salad Homemade Bread
R F S T U N C H	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips Available at Every Lunch: Salad of the Day Homemade Vegetarian	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream Dessert, Condiments, Fruite Salad of the Day Roast Beef	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chi Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip Drink, Cold Water, Milk, Col Salad of the Day Chicken Souvlaki	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana colate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Burs Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries ffee, Tea, Creamers and Dri Salad of the Day Shepard's Pie	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip nk Salad of the Day B.B.Q. Chicken	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon svailable upon request) Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce Salsa Sauce & Sour cream Salad of the Day Roast Pork & Gravy	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc) Salad of the Day Tossed Salad Homemade Bread Chicken Breast
R F S T U N C H I N	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips Available at Every Lunch: Salad of the Day Homemade Vegetarian Three Cheese Lasagna	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Ma Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream Dessert, Condiments, Fruite Salad of the Day Roast Beef Roast Potatoes	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chr Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip Drink, Cold Water, Milk, Col Salad of the Day Chicken Souvlaki Lemon Greek Potatoes	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana colate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Burs Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries Ifee, Tea, Creamers and Dri Salad of the Day Shepard's Pie Homemade Buns	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip nk Salad of the Day B.B.Q. Chicken (extra bbg sauce on side)	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon available upon request) Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce Salsa Sauce & Sour cream Salad of the Day Roast Pork & Gravy Mashed Potatoes Steamed Broccoli	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc) Salad of the Day Tossed Salad Homemade Bread
R F S T U N C H I N N	Orange Juice Egg "O" Muffins (eggs, ham, cheese and warm English muffins) Cantaloupe Sections Available at every breakfast: Salad and Soup of the Day Tangy Coleslaw Shaved Roast Beef with Melted Cheese Homemade Buns Potato Chips Available at Every Lunch: Salad of the Day Homemade Vegetarian Three Cheese Lasagna Parmesan Cheese Foccacia Bread	Orange Juice Cheddar Cheese Omelets Toast Cantaloupe Sections Home fries Hot & Cold Cereals, Bread, Mo Salad and Soup of the Day Chicken Quesadillas (use 1/2 whole wheat and 1/2 white tortilla) Nacho Chips Salsa Sauce Sour Cream Dessert, Condiments, Fruite Salad of the Day Roast Beef Roast Potatoes Buttered Green Beans	Apple Juice Pancakes Warm Syrup Jimmy Dean Sausages Honeydew & Fruit Sections argarine, Jam, Honey, Hot Chu Salad and Soup of the Day Turkey B.L.T Club Sandwiches (bacon, turkey, lettuce, tomatoes) Homemade Bread Hash brown Sticks Vegetable Tray & Dip Drink, Cold Water, Milk, Co Salad of the Day Chicken Souvlaki Lemon Greek Potatoes Homemade Bread Pita Pockets Tzatziki Sauce	Apple Juice Breakfast Burritos (scrambled, diced onions diced peppers & sausages) Salsa Sauce 1/2 Banana ocolate, Coffee, Tea, Real Juic Salad and Soup of the Day Chicken Burgers Homemade Whole Wheat Burs Sliced Tomatoes Lettuce Leaves Mayonnaise Oven Fries ffee, Tea, Creamers and Dri Salad of the Day Shepard's Pie Homemade Buns Gravy	Orange Juice French Toast Warm Syrup Honeydew & Fruit Sections Jimmy Dean Sausages e, Creamers and Milk. (Toast of Salad and Soup of the Day Homemade Whole Wheat Pepperoni/Cheese and Deluxe Pizza Ranch Dip nk Salad of the Day B.B.Q. Chicken (extra bbq sauce on side) Italian Sausages Baked Potatoes/Sour cream Corn-on-the-cob	Apple Juice Scrambled Eggs Toast Cantaloupe Sections Crispy Bacon Salad and Soup of the Day Beef Burritos Assorted Flour Tortillas Shredded Cheese Shredded Lettuce Salsa Sauce & Sour cream Salad of the Day Roast Pork & Gravy Mashed Potatoes Steamed Broccoli	CONTINENTAL BREAKFAST Apple/Orange Juice Assorted Danishes Banana Bread, Bagels Yogurt, Cream Cheese Cinnamon Bun, Fruit Salad COOK OUT Hamburgers/Hot Dogs on Buns French Fries & Onions Rings Assorted Condiments Vegetable Tray & Ranch Dip (carrots, broccoli, cauliflower, etc) Salad of the Day Tossed Salad Homemade Bread Chicken Breast