






STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

November 21st – November 24th

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
	<ul style="list-style-type: none"> ● Oatmeal ●● Eggs to Order ●● Waffle Station ● Bacon & Sausage ● Fresh Cut Fruit 	<ul style="list-style-type: none"> ● Grits ●● Eggs to Order ●● Waffle Station ● Bacon & Sausage ● Fresh Cut Fruit 	<ul style="list-style-type: none"> ● Oatmeal ● Scrambled Eggs ● Pancakes ● Bacon & Sausage ● Fresh Cut Fruit 	<ul style="list-style-type: none"> ● Grits ● Scrambled Eggs ● French Toast ● Bacon & Sausage ● Fresh Cut Fruit 			
Daily Specials							
	● Pesto Tuna Salad	● Antipasto Salad	● Tart & Tangy Fresh Fruit Salad	● Doria Salad			
	● Genoa Salami	● American Cheese	● Natural Smoked Ham	● Pepper Jack Cheese			
 Vegetarian Soup	<ul style="list-style-type: none"> ● Tex-Mex Tortilla Soup ●●● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Creamy Tomato Rice Soup ●●● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● White Chicken Chili ●●● Vegetable Soup Du Jour 	<ul style="list-style-type: none"> ● Corn Chowder ●●● Vegetable Soup Du Jour 			
Lunch							
	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Grilled Squash ● Steamed Mixed Vegetable 	<ul style="list-style-type: none"> ● Burgers ● Grilled Chicken Breast ● Home Fries ● Sautéed Asparagus Spears ● Steamed Mixed Vegetable 	<ul style="list-style-type: none"> ● Grilled Greek Chicken Breast ● Lemon Garlic Tilapia ● Sweet Pepper Rice ● Carrots Vichy 	<ul style="list-style-type: none"> ● Chicken Cacciatore ● Homestyle Meatloaf ● Mashed Potatoes ● Steamed Green Beans 			
Vegetarian Entrée	●●● Omelet Station	●●● Omelet Station	● Sun Dried Tomato & Basil Penne Pasta	● Pasta & Marinara			
	● Grilled Ham & Cheese	● Vegetable Bagel Melts	● B.L.T.	● Turkey Panini			
	● Fresh Banana Cake	● Angel Food Berry Cake	● Strawberry Whip	● Rice Krispie Treats			
Dinner							
Convocation for SJ							
	<ul style="list-style-type: none"> ● Chicken Teriyaki ● Roasted Rosemary Potatoes ● Southern Green Beans 	<ul style="list-style-type: none"> ● Roasted Carved Turkey ● Honey Glazed Ham ● Mashed Potatoes ● Steamed Broccoli 	<ul style="list-style-type: none"> ● Blackened Cilantro Grilled Mahi ● Baked Herb Chicken ● Candied Yams ● Tennessee Squash 			<p>Happy Thanksgiving to Everyone!</p>	
Vegetarian Entrée	<ul style="list-style-type: none"> ● Tofu & Rice Stuffed Peppers 	● Grilled Cheese	● Cheese Manicotti with Marinara				
	<ul style="list-style-type: none"> ● Dessert Variety ● Fresh Banana Cake 	<ul style="list-style-type: none"> ● Dessert Variety ● Angel Food Berry Cake 	<ul style="list-style-type: none"> ● Dessert Variety ● Strawberry Whip 				

The Master Cycle Menu is available through your Food Service Director.