

Proposed Meal Plans- SHAC

Breakfast Menu

Sausage Kolache Assorted Cereal Yogurt-Assorted Banana/Apple Orange Juice 2% Milk/Chocolate Milk Coffee/Hot Chocolate	French Toast or Waffles (2) Breakfast Ham Slice (2) Hash Brown Patties Assorted Cereal Orange Juice Syrup/Ketchup 2% Milk/Coffee	Scramble Eggs Sausage Patties (2) Seasoned Cubes Biscuit (1) Margarine Spread/Apple Jelly/Grape Jelly Ketchup/Picante Sauce Assorted Cereal Apple Juice 2% Milk/Coffee
Pancake on a Stick (2) Potato Gems Syrup Ketchup Mixed Fruit Cup Assorted Cereal Grape Juice 2% Milk/Coffee	Breakfast Tacos (2) Sausage or Bacon Bits Shredded Cheese Ketchup/Picante Sauce Hash Brown Cubes Assorted Cereal Orange Juice 2% Milk/Coffee	Western Omelet (1) Link Sausage (2) Biscuit w/Peppered Gravy Picante Sauce Margarine Spread/Apple/Grape Jelly Assorted Cereal Apple Juice 2% Milk/Coffee
Assorted Muffin Fruit Yogurt-Assorted Assorted Cereal Orange Juice 2% Milk/Coffee	Pancakes (3) Smoked Breakfast Sausage (2) Hash Brown Patties Assorted Cereal Orange Juice Syrup/Ketchup 2% Milk/Coffee	Sausage/Egg/Cheese Biscuit Assorted Cereal Yogurt-Assorted Banana/Apple Orange Juice 2% Milk/Chocolate Milk Coffee/Hot Chocolate

Lunch Menu

Hoagie Sandwich Turkey/Cheese Lettuce/Tomato/Pickle Mayo/Mustard Apple Potato Chips Pudding Cup Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Spaghetti Italian Meatballs Parmesan Cheese Italian Green Beans Garlic Bread Ice Cream Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Chopped BBQ Sandwich Pickles Potato Salad Apple Chocolate Chip Cookie Apple Punch/Lemonade Iced Tea/Sweet Tea/Coffee
Grilled Chicken Sandwich Lettuce/Pickles Mayo/Mustard Sun Chips Carrot Cake Orange Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Hamburger Sliced Cheese Lettuce/Pickle Mayo/Mustard Baked Beans Peanut Butter Cookie Apple Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Hot Dogs Mustard/Ketchup/Relish Fritos Oatmeal Raisin Cookie Orange Punch/Lemonade Iced Tea/Sweet Tea/Coffee
Chicken Salad Sandwich Sour Cream and Onions Chip Cole Slaw Apple Pound Cake Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Tuna Salad Sandwich Sour Cream and Onions Chip Cole Slaw Apple Pound Cake Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Italian Sausage Sandwich Peppers/Onions Corn Chips Carrot Cake Orange Punch/Lemonade Iced Tea/Sweet Tea/Coffee

Dinner Menu

Chopped Steak Brown Gravy w/Mushrooms Mashed Potatoes Mixed Vegetables Side Salad Corn Bread Banana Pudding Punch/Lemonade Ice Tea/Sweet Tea/Coffee	Lasagna Parmesan Cheese Side Salad Garlic Toast Carrot Cake Punch/Lemonade Ice Tea/Sweet Tea/Coffee	Spaghetti Italian Meatballs Parmesan Cheese Italian Green Beans Garlic Bread Side Salad Ice Cream Punch/Lemonade Iced Tea/Sweet Tea/Coffee
Roast Pork Apple Sauce Yams California Blend Side Salad Cheddar/Garlic Biscuit Churros Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Chicken Tenders (4) Country Gravy Macaroni and Cheese Corn on the Cob Side Salad Hot Roll Chocolate Cake Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Sliced Beef Brisket Smoked Sausage Potato Salad Cole Slaw Ranch Style Beans Texas Toast Cobbler-Peach Punch/Lemonade Ice Tea/Sweet Tea/Coffee
Seasoned Tilapia Rice Pilaf California Blend Vegetables Side Salad Sourdough Dinner Rolls Chocolate Cake Punch/Lemonade Ice Tea/Sweet Tea/Coffee	Chicken Fried Steak Country Gravy Macaroni and Cheese Corn on the Cob Side Salad Hot Roll Chocolate Cake Punch/Lemonade Iced Tea/Sweet Tea/Coffee	Chicken Enchiladas (2) Crispy Taco /Lettuce & Cheese Mexican Rice Refried Beans Mexican Style Corn Picante Sauce Churros Punch/Lemonade Iced Tea/Sweet Tea/Coffee

Additional Items

<u>Salad Bar</u>	<u>Potato Bar</u>	<u>Soups</u>
Green Salad (3 Way) Potato Salad/Cole Slaw/Pasta Salad Baby Carrots/Cucumbers Broccoli/Cauliflower Beets/Baby Corn Pickled Okra Grape Tomatoes Shredded Cheese/Croutons Peaches/Cottage Cheese Italian/Ranch/Fat Free Ranch	Baked Potato Sour Cream Shredded Cheese Butter Chives	Chicken Vegetable Beef Noodle Chicken Noodle Vegetable