



January 2024

Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
FYI All Meals Include <ul style="list-style-type: none"> Plant-based Substitutions* 8 oz. Milk Assorted Fruits In addition to the listed items, we offer the following at Breakfast: <ul style="list-style-type: none"> Cereal, Grits, Muffins, PB&J and Yogurt Ask about our gluten-free options! Our menu is subject to change based on product availability.				
			Biscuit & Sausage Links* Spaghetti with Ground Beef or Beefless Crumbles Mediterranean Veggies Carrot Medley	Waffle Bar with Assorted Toppings Smoked Turkey & Cheese Ciabatta Broccoli Cheddar or Tomato Soup Assorted Fresh Toppings
WG Donut & Hashbrown Casserole Chicken Alfredo Or Baked Ziti Italian Mixed Vegetables Kale Ceasar Salad Garlic Butter Breadstick	Apple Fritter & Scrambled Eggs Beef or Plant-based Soft Taco Pinto Beans & Corn on the Cob Salsa, Sour Cream, Guacamole Assorted Fresh Toppings	Bacon & Pancake Chicken Tenders* Sweet Potato Fries Green Beans Macaroni & Cheese	Sausage Powerbites & Grits Roasted Turkey with Gravy Mashed Potatoes Honey Glazed Carrot Medley Garlic Butter Roll	Glazed Doughnut & Fresh Fruit Bar Assorted Pizza Buffalo Cauliflower with Ranch Garden Salad
Dr. Martin Luther King Jr. Day No School	Ham & Cheese Omelet and Honey Butter Biscuit Queso Chicken* Burrito Bowl Refried Beans & WK Corn Fajita Peppers & Onions Salsa, Guacamole, & Sour Cream	Fish & Grits BBQ Chicken Sandwich or Shredded Jackfruit Sandwich w/ BBQ Sauce Potato Wedges Coleslaw	Chicken Biscuit with Pepper Jam Hearty Chili with Ground Beef or Vegetarian Chili Top it off with Sour Cream, Guacamole, or Cheese Spring Mix Salad Sweet Jalapeno Cornbread	Sausage, Egg & Cheese Wrap Ramen Bar Top with Protein: Poultry/Beef/Tofu Add an Assortment of Veggies Sauce it Up
Turkey & Cheese Croissant Oven Fried Chicken or Breaded Plant-based Tenders Garlic Mashed Potatoes Homestyle Green Beans Honey Butter Roll	Shrimp & Grits Taco Pasta or Vegetable Quesadilla Fiesta Lime Corn on the Cob Salsa, Sour Cream	Spiced Oatmeal & Tater Tots Hamburger/Black Bean Burger Or Foster Farm Corndog Tator tots Mixed Vegetable Blend	Banana Bread & Berry Smoothie Assorted Buffalo Wings Or Breaded Plant-based Tenders Creamed Spinach & Pita Chips Fresh Carrots & Celery with Ranch	Egg & Cheese English Muffin Epic Salad Bar Chicken Tortilla Soup or Broccoli Cheddar Soup Breadstick
Breakfast Pizza Orange Chicken* with Rice Vegetable Eggroll Vegetable Fried Rice Broccoli with Garlic Sauce Fortune Cookie	Pig-N-A-Blanket Sandwich Crispito w/ Cheese Sauce Or Bean & Cheese Burrito Black Beans Cilantro Salad	Chicken with Buttery Maple Waffle Nathan's Hotdogs or Plant-based Brat on a Bun Corn Nuggets Baked Beans	Meal Prices Student Breakfast \$3.00 Lunch \$5.00 Faculty Breakfast \$4.00 Lunch \$6.00 Visitor Breakfast \$4.00 Lunch \$7.00	