| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Assorted Muffin \& Acai Bowl <br> Chicken Linguini Alfredo or Vegetarian Baked Spaghetti Roasted Broccoli with Peppers Caesar Salad | Turkey \& Cheese Croissant <br> 2-Crunchy Beef* Tacos Assorted Fresh Toppings Savory Pinto Beans Whole Kernal Corn Salsa, Sour Cream, Guacamole | Sausage Biscuit <br> Baked Potato Bar <br> Top with Protein: Poultry/Pork/Tofu <br> Add an Assortment of Veggies <br> Sauce it Up | French Toast Sticks <br> Oven Fried Chicken Roasted Carrots with Thyme Southern Cabbage Honey Cornbread | Breakfast Pizza <br> Bacon Cheeseburger or Beyond Beef Burger Crinkle Cut Fries Garden Salad |
| Egg \& Chorizo Empanada or Apple Cinnamon Empanada <br> Orange Chicken or Spicy Gochujang Meatballs* with Rice Sugar Snap Peas \& Carrots Garlic-Sesame Broccoli Fortune Cookie | Fish \& Grits <br> Grande Beef* Nachos <br> Assorted Fresh Toppings <br> Black Bean Corn Salad <br> Salsa, Sour Cream, Guacamole | Blueberry Muffin \& Berry Smoothie <br> BBQ Pork Sandwich or BBQ Jackfruit Sandwich Collard Greens Potato Wedge | Chicken Biscuit w/ Pepper Jam <br> Swedish Meatballs <br> Mashed Potatoes <br> Balsamic Green Beans with Cherry <br> Tomatoes <br> Breadstick | Grilled Cheese Sandwich <br> Nathan's Hotdogs <br> Corn Nuggets <br> BBQ Baked Beans |
| No School 15 | Donut \& Hashbrown Casserole <br> Chicken Quesadilla or Vegetarian Quesadilla Black Beans Whole Kernal Corn Salsa, Sour Cream, Guacamole | Sausage Links \& Grits <br> Epic Salad Bar Cream of Broccoli Soup <br> Or Tomato Basil Soup Breadstick | English Muffin with Egg \& Cheese <br> Roasted Wings <br> Or Breaded Plant-based Tenders Creamed Spinach \& Pita Chips Sweet Potato Tots | Ham \& Cheese Casserole with a Buttery Croissant <br> Assorted Pizza Breaded Buffalo Cauliflower Garden Salad |
| Spiced Oatmeal \& Boiled Egg <br> Breaded Chicken* Sandwich with <br> Dill Pickle Aioli <br> Waffle Fries <br> Honey Parsley Rutabaga | Waffle Bar with Assorted Toppings <br> Beef Enchilada Casserole <br> Tangy Mexican Slaw Elote | Chicken Bites \& Waffles <br> Catfish Nuggets or Chicken Tenders Cheesy Broccoli Rice Squash \& Green Bean Medley | Pork Chop Biscuit <br> Loaded Mac-N-Cheese Bowl Brown Sugar Glazed Carrots Roasted Brussel Sprouts | Strawberry Shortcake French Toast <br> Loaded Ham \& Turkey Sandwich Assorted Fresh Veggies w/ Creamy Ranch Dip Assorted Chips |
| Bacon \& Pancake <br> Chicken/Shrimp Scampi <br> Or Pasta Primavera <br> Pear \& Arugula Salad <br> Garlic Toast | Loaded Grits Bowl <br> Soft Taco with Beef* Crumbles Assorted Fresh Toppings Fire Roasted Veggies \& Grain Salsa, Sour Cream, Guacamole Oatmeal Cookie |  | -based Substitutions* <br> Milk <br> ted Fruits <br> ed items, we offer the following at Breakfast: <br> al, Grits, Muffins, PB\&J and Yogurt <br> --free options! <br> to change based on product availability. | Meal Prices <br> Student Breakfast \$3.00 \| Lunch \$5.00 <br> Faculty Breakfast \$4.00\| Lunch \$6.00 <br> Visitor Breakfast $\$ 4.00$ \| Lunch $\$ 7.00$ |

