| Monday |  | Tuesday | Wednesday | Thursday |  | Friday |
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|  | 2 | Breakfast <br> Dutch Waffle or <br> Grits w/ Sausage Link <br> Lunch <br> Cheese Ravioli <br> Chicken Alfredo <br> Steamed Zucchini <br> Garlic Bead <br> Fruit | Breakfast <br> Breakfast Pizza or <br> Cereal w/ Cereal Bar <br> Lunch <br> Oven Roasted Chicken <br> Turkey Chef Salad <br> Collard Greens <br> Candied Yams <br> Yeast Roll <br> Fruit | Breakfast <br> Doughnut Holes or Grits w/ Bacon <br> Lunch <br> Chicken Nuggets <br> Teriyaki Beef <br> Macaroni \& Cheese <br> Black Eyed Peas <br> Yeast Roll <br> Fruit | 5 | Breakfast <br> Ham \& Egg Biscuit or Assorted Cereal w/ Yogurt <br> Lunch <br> Pizza <br> Lasagna w/ Garlic Breadstick <br> Fresh Broccoli w/ Dip <br> Chips <br> Cool Rips Fruit Slush |
| Breakfast <br> Pork Chop Biscuit or Cereal w/ String Cheese <br> Lunch <br> BBQ Pork on Flatbread <br> Fish Filet <br> Cole Slaw <br> Fresh Carrots w/ Dip <br> French Fries <br> Fruit | 9 | Breakfast <br> Cinnamon Roll or <br> Grits w/ Sausage Link <br> Lunch <br> Teriyaki Chicken <br> Chicken Chef Salad <br> LoMein Noodles <br> Oriental Vegetables <br> Egg Roll <br> Fruit | Breakfast <br> Doughnut Holes w/ Fruit or Cereal w/ Cereal Bar <br> Lunch <br> Country Style Steak <br> Oven Roasted Chicken <br> Mashed Potatoes w/ Gravy <br> Turnip Greens <br> Yeast Roll <br> Fruit | Breakfast <br> Pancake Pup or Grits w/ Bacon <br> Lunch <br> Build Your Own Nachos <br> Chicken Fajita Wrap <br> Mexican Rice <br> Black Beans <br> Cool Rips Fruit Slush | 12 | BreakfastSausage Biscuit orAssorted Cereal w/ YogurtLunch <br> Pizza <br> Cheese Ravioli w/ Garlic Bread <br> Oven Roasted Vegetables <br> Chips <br> Fruit |
| Breakfast <br> Chicken Biscuit or Cereal w/ String Cheese <br> Lunch <br> Cheeseburger <br> Chicken Salad on Flatbread <br> French Fries <br> Corn <br> Fresh Celery w/ Dip <br> Cool Rips Fruit Slush | 16 | Breakfast <br> Doughnut Holes \& Fruit or Grits w/ Sausage Link <br> Lunch <br> Spaghetti w/ Meat Sauce <br> Chicken Chef Salad <br> Navy Beans <br> Fresh Squash <br> Garlic Bread <br> Fruit | Early Release Day 18 <br> Breakfast <br> Yogurt Parfait or <br> Cereal w/ Cereal Bar <br> Lunch <br> Sandwich <br> Chips <br> Fruit <br> Cookie | Breakfast <br> Maple Bread Stick or Grits w/ Bacon <br> Lunch <br> Chicken Nuggets <br> Fish Filet <br> Macaroni \& Cheese <br> Green Beans <br> Yeast Roll <br> Fruit |  | Breakfast <br> Assorted Muffin w/ Fruit or Assorted Cereal w/ Yogurt <br> Lunch <br> Pizza <br> Lasagna w/ Roll <br> Steamed Cabbage <br> Sweet Potato Fries <br> Fruit |
| Breakfast <br> Chicken Biscuit or Cereal w/ String Cheese <br> Lunch <br> Chicken Sandwich <br> Hot Dog w/ Chili <br> Onion Rings <br> Fresh Veggies w/ Dip <br> Fruit | 23 | Breakfast <br> Doughnut Holes w/ Fruit or Grits w/ Sausage Link <br> Lunch <br> Orange Chicken <br> Teriyaki Beef <br> Fried Rice <br> Carrots <br> Egg Roll <br> Fruit | Breakfast <br> Breakfast Pizza or <br> Cereal w/ Cereal Bar <br> Lunch <br> Mozzarella Cheese Bites w/ Marinara <br> Cheese Ravioli <br> Garden Salad <br> Steamed Squash <br> Cool Rips Fruit Slush | Breakfast <br> Grilled Cheese Sandwich or Grits w/ Bacon <br> Lunch <br> Crunchy Beef Taco <br> Chicken Fajita Salad <br> Mexican Rice <br> Pinto Beans <br> Fruit |  | Breakfast <br> Muffin w/ Fruit or Assorted Cereal w/ Yogurt <br> Lunch <br> Pizza <br> Buffalo Chicken Wings w/ Roll Fresh Spinach w/ Ranch Chips <br> Fruit |
| Breakfast <br> Pork Chop Biscuit or Cereal w/ String Cheese <br> Lunch <br> Cheeseburger <br> Chicken Salad on Flatbread <br> French Fries <br> Corn <br> Fresh Celery w/ Dip <br> Cool Rips Fruit Slush | 30 |  |  |  |  | "USDA and this institution are equal opportunity providers and employers." |

