



CYCLE DAY 16

BREAKFAST

GRILLED BACON
GRILLED TURKEY LINKS
FRENCH TOAST
O'BRIEN POTATOES
HOT OATMEAL
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

TACOS
CHALUPA
SIMMERED PINTO BEANS
SPANISH RICE
SOUTH OF THE BORDER
BROCCOLI
HACIENDA BLACK BEANS &
CORN
POTATO & ROASTED PEPPER
SOUP
CORN MUFFINS
BEEF QUESADILLA
CHICKEN QUESADILLA
FRUIT BAR
SALAD BAR
PINEAPPLE UPSIDE DOWN
CAKE
SNICKERDOODLE COOKIES
FRUIT JELLO

DINNER

CHILI MAC
TURKEY POLYNESIAN
STEAMED RICE
CAULIFLOWER COMBO
SWEET SOUR GREENS
POTATO & ROASTED PEPPER
SOUP
CORN MUFFINS
FRUIT BAR
SALAD BAR
PINEAPPLE UPSIDE DOWN
CAKE
SNICKERDOODLE COOKIES
FRUIT JELLO