



CYCLE DAY 20

BREAKFAST

GRILLED BACON
GRILLED SAUSAGE PATTIES
FRENCH TOAST
HACIENDA POTATOES
HOT FARINA
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

GREEN CHILI
GRILLED SAUSAGE PATTIES
FRENCH TOAST
HACIENDA POTATOES
GARLIC RICE
CALICO CORN
SESAME GLAZED GREEN BEANS
ZESTY BLACK BEAN SOUP
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR
BROWNIES
FRUIT JELLO

DINNER

PINEAPPLE CHICKEN
BAKED PENNE W/ MEAT SAUCE
BROWN RICE
GLAZED CARROTS
SESAME GLAZED GREEN BEANS
ZEESTY BLACK BEAN SOUP
FRUIT BAR
SALAD BAR
BROWNIES
FRUIT JELLO