



CYCLE DAY 6

BREAKFAST

TEXAS HASH
GRILLED BACON
FRENCH TOAST
HOME FRIED POTATOES
HOT FARINA
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

SAVORY BAKED CHICKEN
TUNA TETRAZZINI
GRILLED BACON
FRENCH TOAST
HOME FRIED POTATOES
BROWN RICE
ROASTED CAULIFLOWER
CHICKEN W/ WHITE & WILD
RICE SOUP
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
SALAD BAR
CEREAL BAR
BREAD PUDDING
FRUIT JELLO

DINNER

BAKED PENNE W/ MEAT SAUCE
BBQ CHICKEN
BROWN RICE
BROCCOLI COMBO
CARROTS AMANDINE
CHICKEN W/ WHITE & WILD
RICE SOUP
FRUIT BAR
SALAD BAR
BREAD PUDDING
FRUIT JELLO