



CYCLE DAY 9

BREAKFAST

MINCED BEEF
GRILLED SAUSAGE PATTIES
FRENCH TOAST
BREAKFAST RICE
HOT FARINA
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

CHICKEN ENCHILIDAS
BEEF ENCHILIDAS
SPANISH RICE
SIMMERED BLACK BEANS
MEXICAN CORN
SOUTH OF THE BORDER
BROCCOLI
TEXAS TORTILLA SOUP
JALAPENO CORNBREAD
BEEF QUESADILLA
CHICKEN QUESADILLA
FRUIT BAR
SALAD BAR
PINEAPPLE UPSIDE DOWN CAKE
SNICKERDOODLE COOKIES
FRUIT JELLO

DINNER

SPAGHETTI W/ MEAT SAUCE
CHICKEN ADOBO
BROWN RICE
PEAS & CARROTS
CORN ON THE COB
TEXAS TORTILLA SOUP
FRUIT BAR
SALAD BAR
PINEAPPLE UPSIDE DOWN CAKE
SNICKERDOODLE COOKIES
FRUIT JELLO