



CYCLE DAY 12

BREAKFAST

TEXAS HASH
GRILLED BACON
FRENCH TOAST
O'BRIEN POTATOES
HOMINY GRITS
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

HONEY LEMON CHICKEN
HAMBURGER YAKISOBA
BROWN RICE
CORN COMBO
SOUTHERN STYLE GREENS
BROCCOLI CHEESE SOUP
HOT ROLLS
GRILLED CHEESEBURGER
GRILLED TURKEY BURGER
FRENCH FRIES
FRUIT BAR
SALAD BAR
VANILLA CAKE
SUGAR COOKIES
BLONDIES
FRUIT JELLO

DINNER

SLOPPY JOE
GRILLED CHICKEN BREAST
ISLANDERS RICE
CAULIFLOWER AU GRATIN
ANTIGUA VEG BLEND
FRUIT BAR
SALAD BAR
VANILLA CAKE
SUGAR COOKIES
BLONDIES
FRUIT JELLO