<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
</table>
| Breakfast: Orange at 8:30am, Monday - Friday  
*Contribution $.50 | **Notes:** Menu may be subjected to change without notice  
*One menu option on weekends  
*Grab and Go meals served from 11:30am - 12pm  
*Extra meals available after 1pm | Lunch: Green at 12 PM, Monday - Sunday  
*Contribution $1.00  
All lunch meals are served with bread and fruit of the day | | | |

**Coconut Banana French Toast**  
Cheerios  
Chicken Stir Fry with Vegetables  
White Rice  
Oriental Blend Vegetables

**Egg Whites**  
Wheatena  
English Muffin, Whole Wheat  
Baked Basa Fish  
Ginger Sauce  
Barley  
Steamed Spinach

**Open-Faced Avocado Sandwich with Crumbled Eg**  
Asian Style White Fish with Cilantro  
Homemade Mashed Potatoes  
Sautéed Bok Choy

**No Breakfast**

<table>
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<tr>
<th>Day</th>
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| 1    | Egg Burrito with Whole Wheat Tortilla  
Mangu with Onions  
Sweet Baked Yams  
Steamed Broccoli and Cauliflower |
| 2    | Open-Faced Avocado Sandwich with Crumbled Egg  
Asian Style White Fish with Cilantro  
Homemade Mashed Potatoes  
Sautéed Bok Choy |
| 3    | No Breakfast  
Meatloaf with Beef and Pork  
Polenta  
Curry Cabbage |
| 4    | No Breakfast  
Curried Chicken Legs  
Bowtie Pasta  
Green Beans and Carrots |
| 5    | CENTER CLOSED IN OBSERVANCE OF LABOR DAY |
| 6    | Sauteed Onions and Peppers  
Turkey Sausage Patty  
Oatmeal  
Chicken Fajitas  
Brown Rice with Pigeon Peas  
Steamed Zucchini |
| 7    | Sauteed Onions and Peppers  
Scrambled Eggs with Swiss Home Fries  
Vegetable Lasagna  
Steamed Spinach  
Rice Pudding |
| 8    | Bean Burrito with Whole Wheat Tortilla  
Mangu with Onions  
Cranberry Chicken  
Sweet Baked Yams  
Steamed Broccoli and Cauliflower |
| 9    | Open-Faced Avocado Sandwich with Crumbled Egg  
Asian Style White Fish with Cilantro  
Homemade Mashed Potatoes  
Sautéed Bok Choy |
| 10   | No Breakfast  
Pork Spare Ribs  
Polenta  
Carrots and Raisins |
| 11   | No Breakfast  
Baked Fish with Lemon Garlic Butter Sauce  
Whole Grain Stuffing Okra with Tomatoes |
| 12   | Egg White Omelette with Peppers and Onions  
Mini Croissant  
Vegetable Sanocho  
Yellow Rice and Pigeon Peas  
California Blend Vegetables |
| 13   | Broccoli Cheese Quesadilla  
Grits with Carrots and Mushrooms  
Hawaiian Chicken Legs  
Egg Noodles  
Italian Cut Green Beans |
| 14   | Fresh Sliced Tomatoes and Cucumbers  
Hard Boiled Egg  
Sweet Orange Salmon  
Barley  
Steamed Broccoli and Cauliflower |
| 15   | Grilled Mozzarella and Tomato Sandwich  
Home Fries with Peppers  
and Onions  
BBQ Chicken Leg Quarters  
Macaroni  
Zucchini with Onions and Peppers |
| 16   | Scrambled Eggs with Red Peppers and Onions  
Whole Wheat Mini Bagel  
Baked Basa Fish  
Light Basil Cream Sauce  
Orzo Pilaf  
Steamed Spinach |
| 17   | No Breakfast  
Jerk Chicken Leg Quarters  
Cous Cous (Cormmeal and Okra)  
Prince Edward Blend Vegetables |
| 18   | No Breakfast  
Pork Loin with Curried Pineapple  
Garlic Mashed Potatoes  
Carrots and Raisins |
| 19   | Grilled Cheese  
Sliced Tomatoes  
Polenta  
Baked Turkey Breast  
Sautéed Spinach  
Sweet Baked Yams  
Cranberry Sauce |
| 20   | Egg White Omelette with Peppers and Onions  
Sliced Tomatoes  
Arroz con Pollo Chicken Breast and Rice  
Steamed Broccoli and Cauliflower |
| 21   | Turkey Sausage Patty  
Home Fries with Peppers and Onions  
Eggplant Parmesean with Ricotta  
Baby Carrots with Parsley  
Steamed Zucchini |
| 22   | Cottage Cheese Low Sodium  
Oatmeal and Raisins  
Chicken Picatta with Lemon Sauce  
Bowtie Pasta  
Italian Blend Vegetables  
Tapioca Pudding |
| 23   | Baked Egg Omelette  
Wheat Flake Cereal  
Baked Fish Marsala with Mushrooms  
Garlic Mashed Potatoes  
Okra with Tomatoes |
| 24   | No Breakfast  
Homemade Roast Pork  
Spanish Style Mexican Confetti Rice  
Broccoli with Toasted Garlic |