









STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

Week 9

	Saturday 5/23/09	Sunday 5/24/09	Monday 5/25/09	Tuesday 5/26/09	Wednesday 5/27/09	Thursday 5/28/09	Friday 5/29/09
Breakfast							
	<ul style="list-style-type: none"> • Waffle Bar • Scrambled Eggs • Sausage Links • Breakfast Potatoes • Fresh Blueberry Muffins 	<ul style="list-style-type: none"> • Waffle Bar • Continental Breakfast • Fresh Cut Fruit • Banana Bread 	<ul style="list-style-type: none"> • Blueberry Pancakes • Scrambled Eggs • Bacon • Hash Brown Patty • Lemon Poppy Seed Muffins 	<ul style="list-style-type: none"> • Breakfast Bagel Sandwich • Cheese Scrambled Eggs • Sausage Patty • Grits • Fresh Croissants 	<ul style="list-style-type: none"> • Breakfast Pizza • Bacon • Tater Tots • Fresh Cinnamon Rolls 	<ul style="list-style-type: none"> • French Toast • Western Scramble • Turkey Sausage • Grits • Apple Turnovers 	<ul style="list-style-type: none"> • Egg Croissants • Scrambled Eggs • Bacon • Home Fries • Fresh Cranberry Orange Muffins
							
	<ul style="list-style-type: none"> • Greek Orzo Salad • Tuna Salad 	<ul style="list-style-type: none"> • Egg Salad • Tarragon Chicken Salad 	<ul style="list-style-type: none"> • Pasta Salad • Tuna Salad 	<ul style="list-style-type: none"> • Carrot Raisin Salad • Chicken Salad 	<ul style="list-style-type: none"> • Potato Salad • Cobb Salad 	<ul style="list-style-type: none"> • Sesame Noodles • Ham Salad 	<ul style="list-style-type: none"> • Fruit Salad • Tuna Salad
	<ul style="list-style-type: none"> • Roast Turkey • Swiss Cheese 	<ul style="list-style-type: none"> • Buffet Ham • Provolone Cheese 	<ul style="list-style-type: none"> • Roast Turkey • Yellow American 	<ul style="list-style-type: none"> • Hard Salami • Swiss Cheese 	<ul style="list-style-type: none"> • Roast Turkey • Provolone Cheese 	<ul style="list-style-type: none"> • Buffet Ham • Yellow American 	<ul style="list-style-type: none"> • Grilled Chicken • Swiss Cheese
Vegetarian Soup	<ul style="list-style-type: none"> • Beef Noodle Soup • Tomato Florentine Soup 	<ul style="list-style-type: none"> • Maryland Crab Soup • Lentil Soup 	<ul style="list-style-type: none"> • Turkey Noodle Soup • Squash Bisque 	<ul style="list-style-type: none"> • Beef & Barley Soup • Corn Chowder 	<ul style="list-style-type: none"> • Yankee Bean & Ham Soup • Cream of Spinach Soup 	<ul style="list-style-type: none"> • Seafood Chowder • Vegetable Soup 	<ul style="list-style-type: none"> • Chicken & Rice Soup • Tomato Basil Soup
Lunch							
	<ul style="list-style-type: none"> • Grilled Burgers • All Beef Hot Dogs • Baked Beans • Steamed Peas • Corn on the Cob 	<ul style="list-style-type: none"> • Chicken Pot Pie • Turkey Sausage • Rice Pilaf • Fresh Broccoli • Roasted Mushrooms 	<ul style="list-style-type: none"> • Spiced Pork Loin • Broccoli Casserole • Whipped Sweet Potatoes • Lima Beans • Cinnamon Apples 	<ul style="list-style-type: none"> • Beef Taco Salad • Chicken Taco Salad • Seasoned Black Beans • Steamed Cauliflower • Steamed Corn 	<ul style="list-style-type: none"> • Pulled Pork • Pulled Barbecue Chicken Breast • Baked Beans • Cole Slaw • Green Beans 	<ul style="list-style-type: none"> • Cheese Lasagna • Baked Tilapia • Oven Roasted Potatoes • Fresh Carrots • Steamed Broccoli 	<ul style="list-style-type: none"> • Chicken Tenders • Marinated Salmon • French Fries • Steamed Peas with Mushrooms • Corn with Chives
Vegetarian Entrée	<ul style="list-style-type: none"> • Vegetable Burgers 	<ul style="list-style-type: none"> • Spinach Swiss Quiche 	<ul style="list-style-type: none"> • Lentils & Barley 	<ul style="list-style-type: none"> • Cheese Quesadilla 	<ul style="list-style-type: none"> • Vegetable Fiesta Skillet 	<ul style="list-style-type: none"> • Spinach Artichoke Dip 	<ul style="list-style-type: none"> • Rice & Vegetable Muffins
		<ul style="list-style-type: none"> • Omelet Station 		<ul style="list-style-type: none"> • Nacho Topping Bar 			
	<ul style="list-style-type: none"> • Jell-o Cake 	<ul style="list-style-type: none"> • Yogurt Parfaits 	<ul style="list-style-type: none"> • Devil's Food Cake 	<ul style="list-style-type: none"> • Novelty Ice Cream 	<ul style="list-style-type: none"> • Bread Pudding 	<ul style="list-style-type: none"> • Coconut Cream Pie 	<ul style="list-style-type: none"> • Fresh Baked Cookies
Dinner							
	<ul style="list-style-type: none"> • Chicken Cordon Bleu • Fried Flounder • Sautéed Potatoes • Roasted Cauliflower • Carrots with Dill 	Latane Patio Cookout <ul style="list-style-type: none"> • Caribbean Pork Chops • Roasted Potatoes • Corn On The Cobb • Grilled Vegetables 	<ul style="list-style-type: none"> • Jerk Chicken Kabobs • Tuna Melt • Saffron Rice • Roasted Zucchini • Carrots 	<ul style="list-style-type: none"> • Pork Chops • Seafood Newburg • Baked Sweet Potato Fries • Creamed Spinach • Brussels Sprouts 	<ul style="list-style-type: none"> • Ms. Beverly's Fried Chicken • Baked Tilapia • Mashed Potatoes • Peas • Roasted Parsnips 	<ul style="list-style-type: none"> • Country Pot Roast • Parmesan Pasta • Parsley Potatoes • Sautéed Carrot & Onion • Lima Beans 	Baccalaureate Academic Awards Dinner
Vegetarian Entrée	<ul style="list-style-type: none"> • Pasta with Sage Butter Sauce 	<ul style="list-style-type: none"> • Vegetable Burgers 	<ul style="list-style-type: none"> • Vegetable Kabobs 	<ul style="list-style-type: none"> • Tomato Basil Melts 	<ul style="list-style-type: none"> • Vegetable Corn Soufflé 	<ul style="list-style-type: none"> • Tofu Chili 	
	<ul style="list-style-type: none"> • Sundae Bar 	<ul style="list-style-type: none"> • Fudge Brownies 	<ul style="list-style-type: none"> • Pound Cake 	<ul style="list-style-type: none"> • Monkey Bars 	<ul style="list-style-type: none"> • Angel Food Berry Cake 	<ul style="list-style-type: none"> • Turtle Brownies 	