



## Breakfast

**Main Dish:** whole-wheat chocolate chip pancakes topped with syrup and whipping cream aside cheesy scrambled eggs and fresh ripe strawberries

**Hot Cereal** – Home cooked whole oats

with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi products, Orange Juice, Apple Juice, Coffee, Tea, Assorted Milks

## Lunch

**Main Dish:** grilled ham and cheese on whole wheat with tomato basil soup and crunchy carrot and celery sticks or chips

**Option:** Salad bar with a variety of meats, veggies, fruit and dressings

**Drinks** – Pepsi products, Orange Juice, Apple Juice, Coffee, Tea, Assorted Milks



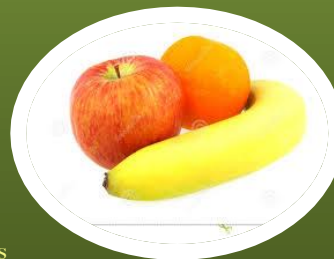
## Dinner

**Main Dish:** Toasted Orzo baked in grilled chicken sauce and topped with 5 spears of balsamic grilled asparagus. Salad greens mixed with garden tomato, carrot, and cucumber. Dressings: Italian or ranch

**Dessert:** lemon mousse

**Option:** sandwich and salad makings available with chips.

**Drinks** – Pepsi Products, Apple Juice, Orange Juice, Coffee, Tea, or Assorted Milks



## Snack

**Choices:**

Chocolate pretzels

Assorted fruit

Yoplait yogurt

# University Dining

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## Breakfast

**Texas French Toast** – Hot off the griddle Texas French toast—topped off with powdered sugar, maple syrup, a side of bacon, and orange slices

**Hot Cereal** – Home cooked whole oats with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk

## Lunch

**Oven Baked Pizza** – Freshly baked pepperoni, cheese, or Hawaiian pizza topped with sprinkled parmesan

**Deli Roast Beef** – Served with lettuce, tomato, American cheese, and white bread with a side of crisp grapes

**Side Salad** – Mixed greens, carrots, and your choice of ranch or Thousand Island dressing



## Dinner

**Taco Salad** – Lettuce mixed with taco meat, black beans, tomato cubes, and corn—all served in a crunchy taco shell with a side of sweet mango salsa, tortilla chips, and a side of cinnamon bread pudding

**Deli Roast Beef** – Served with lettuce, tomato, America cheese, and white bread with a side of fresh grapes and a side of cinnamon bread pudding

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk



## Snack

**Fruity Smoothie** – Delicious blend of strawberries, blueberries, and raspberries for a late night sip



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## Breakfast

**Breakfast Burrito** – Sausage, egg and cheese breakfast burrito with a side of sliced peaches

**Hot Cereal** – Home cooked whole oats with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk

## Lunch

**Chicken Sandwich**- Chicken Sandwich and toppings with a side of sweet potato fries

**Mini Grilled Cheese Sandwich**- Goopy cheese between crisp golden wheat bread with a side of tomato soup

**Side salad**- mixed greens, tomato and your choice of ranch or Caesar

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk



## Dinner

**Main Dish** – Tuscan chicken white bean soup served in a bread bowl with a side of grilled veggies

**Lunch Sandwich** - Chicken Sandwich and toppings with a side of sweet potato fries

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk

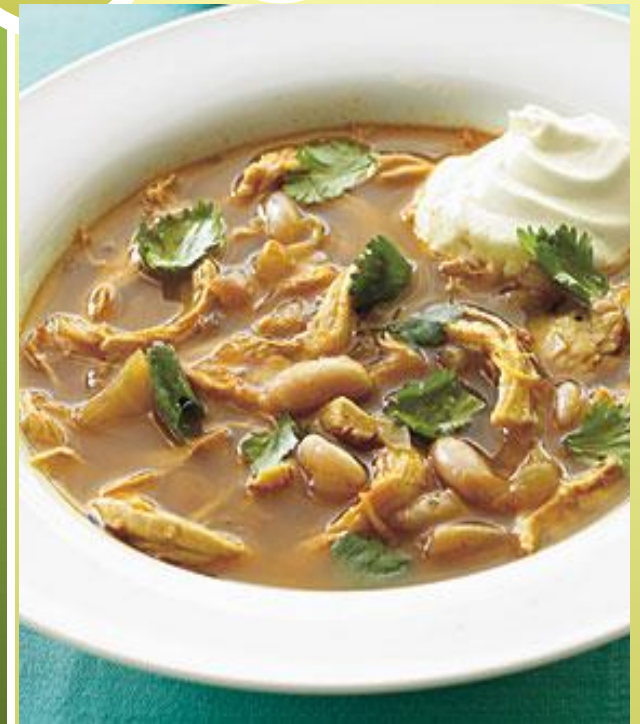
**Dessert**- Peach cobbler and vanilla ice cream with a sweet strawberry sauce topping



## Snack

Assorted veggie slices and a hummus cup

Chocolate chip cookie with a cold glass of milk



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## Breakfast

**Main Dish** – Mediterranean egg white frittatas packed with bell peppers, spinach, mushrooms, sun-dried tomatoes, and feta cheese with a side of pineapple

**Hot Cereal** – Home cooked whole oats with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea, or Assorted Milks

## Lunch

**Main Plate** - Tomato Cheese Pesto Panini made with toasted Italian bread, basil pesto spread, provolone cheese, and grilled tomato slices and your choice of assorted fresh fruit and potato chips

**Cold Plate** – BLT with toasted multigrain bread, crispy bacon, fresh tomatoes, lettuce, and your choice of assorted fresh fruit and potato chips

**Side Salad** – Garden squash salad with mixed greens, pan-fried yellow squash, zucchini, scallions, goat cheese, and your choice of ranch or honey Dijon dressing

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea, or Assorted Milks



## Dinner

**Main Dish** - Beef Teriyaki Stir Fry with Savory teriyaki beef flank steak with a side of poached baby bok choy, broccoli, shiitake mushrooms, and a fried wonton garnish

**Cold Plate** – BLT with toasted multigrain bread, crispy bacon, fresh tomatoes, lettuce, and your choice of assorted fresh fruit and potato chips

**Dessert** – Zesty lemon cake with a side of raspberries, blueberries, strawberries, and whipped cream

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea or Assorted Milks



## Snack

**Assorted Popcorn** – your choice of caramel, chocolate, or buttered popcorn

**Apple Slices with Caramel Sauce** – pick from a variety of red delicious, gala, or granny smith apples with a homemade salted caramel sauce



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## Breakfast

**Main Dish** – “Melt-in-your-mouth” butter-flake biscuits served with a rich sausage gravy and a side of fresh strawberries

**Hot Cereal** – Home cooked whole oats with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea, or Assorted Milks

## Lunch

**Main Dish** – Deluxe cheeseburger topped with lettuce and tomatoes, a side of waffle fries, and a dill pickle spear

**Cold Plate** –Homemade fresh baked 100% whole grain bread topped with creamy peanut butter and strawberry jam and your choice of assorted fruit and potato chips

**Side Salad** – Asian tossed salad with mixed greens, carrots, jicama, sesame seeds, and our special oriental ginger dressing

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea or Assorted Milks



## Dinner

**Main Dish** – Angel hair pasta with savory Italian sausage, green peppers, and creamy Alfredo sauce and a fresh basil leaf garnish. Comes with a side of freshly toasted garlic bread and green beans

**Cold Plate** –Homemade fresh baked 100% whole grain bread topped with creamy peanut butter and strawberry jam

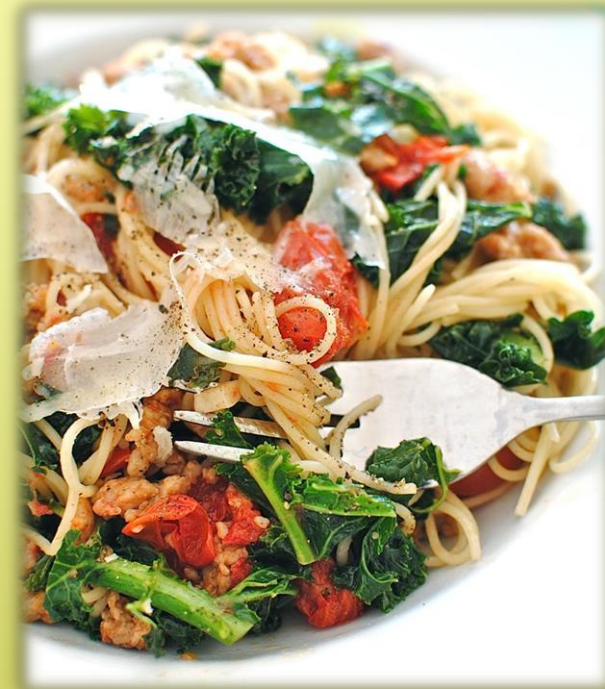
**Dessert** – Triple Threat Chocolate Cheesecake with juicy raspberries on the side

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, Coffee, Tea, or Assorted Milks



## Snack

**Trail Mix** – a sweet and savory mixture of roasted peanuts, Craisins, chocolate candies, sunflower seeds, raisins, and cashews



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## Breakfast

**Breakfast Casserole** – Combination of scrambled eggs, hash brown and lean ground beef sprinkled with cheddar cheese and served with a fruit medley

**Hot Cereal** – Home cooked whole oats with brown sugar, raisins, or crushed almonds

**Cold Cereal** – Variety of whole grain cereals served with skim or 2% reduced fat milk

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk

## Lunch

**Turkey and cranberry sandwich** – freshly sliced turkey breast, sweet cranberry sauce and lettuce served on choice whole wheat bread or homemade sour dough roll. Served with side salad

**Grilled Vegetable Panini** –Sundried tomatoes and sliced zucchini combined with provolone cheese on choice of whole wheat bread or homemade sour dough roll. Served with side salad

**Side Salad** – Choice of spinach or mixed greens served with mandarin oranges, candied almonds, feta cheese and poppy seed dressing.

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk



## Dinner

**Lemon Pesto Chicken**- Chicken breast lightly glazed in lemon-pesto sauce and served with sides of brown or white rice, grilled zucchini, squash and asparagus.

**Lunch Sandwich**- Choice of Turkey Cranberry or Grilled Vegetable. Both served with side salad.

**Dessert**- Choice of homemade peanut butter rice crispy treat or chocolate dipped strawberries

**Drinks** – Pepsi Products, Orange Juice, Apple Juice, or Milk



## Snack

**Yogurt Parfait** – Vanilla yogurt topped with sliced strawberries, blueberries, and granola.



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