

October 2017 University Laboratory Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Sausage Patty Waffle Apple	3 Cold Cereal Boiled Egg Baked Tater Tots Peaches	4 Ham French Toast Sticks Pineapple	5 Turkey Bacon Scrambled Eggs Brown Rice Fresh Melon	6 Fried Rice Scrambled Eggs Banana
9 No School	10 No School	11 Turkey Bacon Scramble Eggs Brown Rice Peaches	12 Oatmeal Waffle Raisins	13 Fried Rice Scrambled Eggs Banana
16 Portuguese Sausage Scrambled Eggs Brown Rice Apple	17 Yogurt Bagel w/Cream Cheese Orange	18 Turkey Sausage Patty w/American Cheese English Muffin Fruit Cocktail	19 Cold Cereal Boiled Egg Baked Tater Tots Peaches	20 Fried Rice Scrambled Eggs Banana
23 Turkey Bacon Scrambled Eggs Brown Rice Apple	24 Oatmeal Pancake Raisins	25 Ham Scrambled Eggs Brown Rice Papaya	26 Chicken Sausage Patty Waffle Fresh Melon	27 Fried Rice Scrambled Eggs Banana
30 Portuguese Sausage Scrambled Eggs Brown Rice Apple	31 Ham Pancake Orange			

"This institution is an equal opportunity provider."

* Menu is subject to change without notice

* All meals include either 1% Milk or Skim Milk



October 2017 University Laboratory Lunch Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Bacon Burger Whole Wheat Bun Edamame Pear</p>	<p>3 Chicken Teri Meatball Brown Rice Toss Salad Fresh Pineapple</p>	<p>4 Fish Burger Whole Wheat Bun Lettuce/Tomato/Green Peas Watermelon</p>	<p>5 Ground Beef Stroganoff WW Spaghetti Noodles Romaine Salad Peaches</p>	<p>6 Pepperoni or Veggie Pizza Whole Wheat Crust Carrot Sticks Cantaloupe</p>
9 No School	10 No School	<p>11 Grilled Cheese Whole Wheat Bread Edamame Banana</p>	<p>12 Spaghetti w/Meat Sauce WW Garlic Bread Steamed Broccoli Apple or Orange</p>	<p>13 Chicken Cheeseburger Whole Wheat Bun Corn Honeydew</p>
<p>16 Cheeseburger Whole Wheat Bun Romaine Salad Pear</p>	<p>17 Shoyu Chicken Brown Rice Steamed Carrots Fresh Pineapple</p>	<p>18 Tuna Burger Whole Wheat Bun Lettuce/Tomato/Corn Watermelon</p>	<p>19 Mac & Cheese WW Dinner Roll Toss Salad Peaches</p>	<p>20 Sausage or Cheese Pizza Whole Wheat Crust Edamame Cantaloupe</p>
<p>23 Chicken Strips Brown Rice Carrot Sticks Fruit Cocktail</p>	<p>24 Hamburger Steak w/Gravy Brown Rice Steamed Spinach Pineapple</p>	<p>25 Grilled Ham or Turkey- & Cheese Sandwich Whole Wheat Bread Edamame Banana</p>	<p>26 Spaghetti w/Meat Sauce WW Rolls Toss Salad Apple or Orange</p>	<p>27 Teriyaki Burger Whole Wheat Bun Lettuce/Tomato/Corn Honeydew</p>
<p>30 Bacon Burger Whole Wheat Bun Edamame Pear</p>	<p>31 Chicken Teri Meatball Brown Rice Toss Salad Fresh Pineapple</p>			

"This institution is an equal opportunity provider."

* Menu is subject to change without notice

* All meals include either 1% Milk or Skim Milk

