


November 2017 University Laboratory Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| | | 1 Yogurt Bagel w/Cream Cheese Orange | 2 Turkey Sausage Patty w/American Cheese English Muffin Fresh Melon | 3 Fried Rice Scrambled Eggs Banana |
| 6 Chicken Sausage Patty Waffle Apple | 7 Cold Cereal Boiled Egg Baked Tater Tots Peaches | 8 Ham French Toast Sticks Pineapple | 9 Turkey Bacon Scrambled Eggs Brown Rice Fresh Melon | 10 Veterans Day |
| 13 Portuguese Sausage Scrambled Eggs Brown Rice Apple | 14 Turkey Sausage Patty w/American Cheese English Muffin Orange | 15 Turkey Bacon Scramble Eggs Brown Rice Peaches | 16 Oatmeal Waffle Raisins | 17 Fried Rice Scrambled Eggs Banana |
| 20 Portuguese Sausage Scrambled Eggs Brown Rice Apple | 21 Yogurt Bagel w/Cream Cheese Orange | 22 Turkey Sausage Patty w/American Cheese English Muffin Fruit Cocktail | 23 Thanksgiving | 24 School Holiday |
| 27 Turkey Bacon Scrambled Eggs Brown Rice Apple | 28 Oatmeal Pancake Raisins | 29 Ham Scrambled Eggs Brown Rice Papaya | 30 Chicken Sausage Patty Waffle Fresh Melon |  <p style="font-size: small; margin: 0;">LOCALLY SOURCED, PRODUCED & THANKED</p> <p style="font-size: x-small; margin: 0;">PROVIDED BY SODEKO</p> |

"This institution is an equal opportunity provider."

* Menu is subject to change without notice

* All meals include either 1% Milk or Skim Milk



November 2017 University Laboratory Lunch Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|---|---|---|
| | | 1 Fish Burger Whole Wheat Bun Lettuce/Tomato/Green Peas Watermelon | 2 Ground Beef Stroganoff WW Spaghetti Noodles Romaine Salad Peaches | 3 Pepperoni or Veggie Pizza Whole Wheat Crust Carrot Sticks Cantaloupe |
| 6 Chicken Nuggets Brown Rice Toss Salad Fruit Cocktail | 7 Kalua Pig w/Cabbage Brown Rice Sweet Potato Pineapple | 8 Grilled Cheese Whole Wheat Bread Edamame Banana | 9 Spaghetti w/Meat Sauce WW Garlic Bread Steamed Broccoli Apple or Orange | 10 Veterans Day |
| 13 Cheeseburger Whole Wheat Bun Romaine Salad Pear | 14 Shoyu Chicken Brown Rice Steamed Carrots Fresh Pineapple | 15 Tuna Burger Whole Wheat Bun Lettuce/Tomato/Corn Watermelon | 16 Mac & Cheese WW Dinner Roll Toss Salad Peaches | 17 Sausage or Cheese Pizza Whole Wheat Crust Edamame Cantaloupe |
| 20 Chicken Strips Brown Rice Carrot Sticks Fruit Cocktail | 21 Hamburger Steak w/Gravy Brown Rice Steamed Spinach Pineapple | 22 Grilled Ham or Turkey- & Cheese Sandwich Whole Wheat Bread Edamame Banana | 23 Thanksgiving | 24 School Holiday |
| 27 Bacon Burger Whole Wheat Bun Edamame Pear | 28 Chicken Teri Meatball Brown Rice Toss Salad Fresh Pineapple | 29 Fish Burger Whole Wheat Bun Lettuce/Tomato/Green Peas Watermelon | 30 Ground Beef Stroganoff WW Spaghetti Noodles Romaine Salad Peaches |  |

"This institution is an equal opportunity provider."

* Menu is subject to change without notice

* All meals include either 1% Milk or Skim Milk

