

January 2018 University Laboratory Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break	2	3	4	5
8 Portuguese Sausage Scrambled Eggs Brown Rice Apple	9 Yogurt Bagel w/Cream Cheese Orange	10 Turkey Sausage Patty w/American Cheese English Muffin Fruit Cocktail	11 Cold Cereal Boiled Egg Baked Tater Tots Peaches	12 Fried Rice Scrambled Eggs Banana
15 Holiday	16 Oatmeal Pancake Raisins	17 Ham Scrambled Eggs Brown Rice Papaya	18 Chicken Sausage Patty Waffle Fresh Melon	19 Fried Rice Scrambled Eggs Banana
22 Portuguese Sausage Scrambled Eggs Brown Rice Apple	23 Ham Pancake Orange	24 Yogurt Bagel w/Cream Cheese Orange	25 Turkey Sausage Patty w/American Cheese English Muffin Fresh Melon	26 Fried Rice Scrambled Eggs Banana
29 Chicken Sausage Patty Waffle Apple	30 Cold Cereal Boiled Egg Baked Tater Tots Peaches	31 Ham French Toast Sticks Pineapple		

"This institution is an equal opportunity provider."

* Menu is subject to change without notice

* All meals include either 1% Milk or Skim Milk



January 2018 University Laboratory Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break	2	3	4	5
8 Bacon Burger Whole Wheat Bun Edamame Pear	9 Chicken Teri Meatball Brown Rice Toss Salad Fresh Pineapple	10 Fish Burger Whole Wheat Bun Lettuce/Tomato/Green Peas Watermelon	11 Ground Beef Stroganoff WW Spaghetti Noodles Romaine Salad Peaches	12 Pepperoni or Veggie Pizza Whole Wheat Crust Carrot Sticks Cantaloupe
15 Holiday	16 Kalua Pork w/Cabbage Brown Rice Sweet Potato Pineapple	17 Grilled Cheese Whole Wheat Bread Edamame Banana	18 Spaghetti w/Meat Sauce WW Garlic Bread Steamed Broccoli Apple or Orange	19 Chicken Cheeseburger Whole Wheat Bun Corn Honeydew
22 Cheeseburger Whole Wheat Bun Romaine Salad Pear	23 Shoyu Chicken Brown Rice Steamed Carrots Fresh Pineapple	24 Tuna Burger Whole Wheat Bun Lettuce/Tomato/Corn Watermelon	25 Mac & Cheese WW Dinner Roll Toss Salad Peaches	26 Sausage or Cheese Pizza Whole Wheat Crust Edamame Cantaloupe
29 Chicken Strips Brown Rice Carrot Sticks Fruit Cocktail	30 Hamburger Steak w/Gravy Brown Rice Steamed Spinach Pineapple	31 Grilled Ham or Turkey- & Cheese Sandwich Whole Wheat Bread Edamame Banana		

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