

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	January 23, 2022	January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022	January 29, 2022
<b>Breakfast</b>	9:00 am - 12:00 pm	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	7:00 am - 8:10 am	9:00 am - 12:00 pm
<b>Grill</b>	Scrambled & Hard Cooked Eggs Breakfast Fries, Waffle Sticks Turkey Sausage, Beef Hash	Scrambled & Hard Cooked Eggs Tater Tots, French Toast, Frizzled Ham	Scrambled & Hard Cooked Eggs Breakfast Fries, Breakfast Burrito Bacon	Scrambled & Hard Cooked Eggs Breakfast Fries, French Toast Sticks Breakfast Sausage	Scrambled & Hard Cooked Eggs Breakfast Fries, French Toast, Bacon	Scrambled & Hard Cooked Eggs Breakfast Fries, Pancakes Turkey Bacon	Scrambled & Hard Cooked Eggs Breakfast Fries, French Dipped Waffles, Breakfast Strata, Frizzled Ham
<b>Home Cooking</b>	MYO Waffle Bar, Omelet Bar	MYO Waffle Bar	MYO Waffle Bar, Omelet Bar	MYO Waffle Bar	MYO Waffle Bar	MYO Waffle Bar	MYO Waffle Bar
<b>Soup, Salad and Deli Bar</b>	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice	Yogurt & Fruit Bar, Fresh Bagels Hot Cereal with Toppings, Sticky Rice
<b>Bakery</b>	Pumpkin Bread, Chocolate Chip Muffins, Cold Cereal	Banana Bread, Blueberry Muffins, Cold Cereal	Pumpkin Bread, Raisin Bran Muffins, Cold Cereal	Banana Bread, Raspberry Muffins, Cold Cereal	Pumpkin Bread, Cinnamon Muffins, Cold Cereal	Coffee Cake, Cranberry Muffins, Cold Cereal	Banana Bread, Blueberry Muffins, Donuts, Cereal
<b>Lunch</b>		11:00am – 1:10pm	11:00am – 1:10pm	11:00am – 1:10pm	11:00am – 1:10pm	11:00am – 1:10pm	
<b>Grill</b>	Brunch @ 10:00 am	Chicken Patty Sandwich, GF Chicken Fingers, Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Ham & Swiss Sub, Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Roasted Vegetable & Hummus Wrap, Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Roast Beef Sandwich Bar, Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Grilled Cheese Sandwich, Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog, Fries	Brunch @ 10:00 am
<b>Pizza</b>		Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	
<b>Pasta</b>		Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	
<b>Home Cooking</b>		Quinoa Kedgeree, Penne with Garlic, Artichoke and Cherry Tomato, Aloo Gobi Matar, Steamed Edamame	Blackened Chicken with Mango Salsa, Pasta Shells Alfredo, Curried Garbanzo and Spinach, Green Beans	Stewed Okra, Tomatoes & Black Eye Pea, Vegetable Lasagna, Yellow Curry Chicken, Basmati Rice, Steamed Peas	Chicken Fingers, Tempeh with Tomato, Peppers & Onions, Steamed Broccoli, Roasted Vegetables	Baked Macaroni & Cheese, Baked Haddock with Tomatoes and Basil, Red Beans and Rice, Swiss Chard	
<b>Soup, Salad and Deli Bar</b>	Extended Service Noon – 4:30pm	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour, Kale Salad, Cream of Tomato Soup	Extended Service Noon – 4:30pm
<b>Bakery</b>							
<b>Dinner</b>	5:00 pm - 6:30 pm	5:00 pm - 7:00 pm	5:00 pm - 7:00 pm	5:00 pm - 7:15 pm	5:00 pm - 7:00 pm	5:00 pm - 7:00 pm	5:00 pm - 6:30 pm
<b>Grill</b>		Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog, Grilled Pork Chop Roasted Potatoes, Roasted Squash	Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog, Egg & Cheese Muffin	Vegetable Burger, Hamburger, Grilled Chicken Breast, All Beef Hot Dog	Breakfast for Dinner	
<b>International Station</b>	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza	Cheese Pizza, Pepperoni Pizza Specialty Pizza
<b>Pasta</b>	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta	Sticky Rice, Brown Rice, Pasta with Marinara Sauce, Plain Pasta
<b>Home Cooking</b>	Beef & Broccoli, Fried Fish Fillet Pinto Gallo, Parmesan Roasted Cauliflower	Gnocchi Sorrento, Ginger Soy Tofu and Vegetables, Grilled Portobello Mushroom, Steamed Kale	Chicken Piccata, Cannellini with Greens, Tomato and Sweet Potato, Rice Pilaf, Roasted Zucchini & Summer Squash	Baked Manicotti. Meatloaf, Roasted Potatoes, Lemon Orzo, Roasted Vegetables	Roast Chicken, Steamed Peas, Roasted Potatoes, Tofu and Broccoli in Garlic Sauce, Beef Stew, Biscuits	Chicken Marsala, Egg Noodles Cheese Ravioli, Marinara, Tofu with Peas & Mushroom, Steamed Green Beans	Carne Asada, Chicken Lo Mein Topping Bar, Channa Masala, Basmati Rice, Roasted Vegetables, Broccoli
<b>Soup, Salad and Deli Bar</b>	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour	Soup du jour
<b>Bakery</b>							
Eating raw or undercooked foods such as fish, beef, pork, lamb, poultry, eggs and unpasteurized dairy products increases the risk of foodborne illness. cycle 2.03FY2022	<b>Allergen Statement:</b> Please be aware that we produce products on shared equipment. Therefore, our products are not allergen-free. Common allergen ingredients that may be used in our	products include dairy, shellfish, peanuts, tree nuts, eggs, soy and gluten.  Please inform Dining Services staff of any known allergy issues.	<b>Offered Daily:</b> Cold Cereal, Salad Buffet Chilled Juices ,Skim, 1%, Whole, Rice, Soy & Lactose Free Milk	<b>Offered Daily:</b> Garden Burger, Grilled Cheese, Hamburger, Grilled Chicken Breast, All Beef Hot Dog Vegetarian Vegan			