



Gluten Free=GF/Vegetarian=V/Vegan=(V)/Low Carb=LC/Contains Fish=CF

Dining Services Cycle Menu Spring 2020

Breakfast Monday-Friday

(Saturday & Sunday *Continental Breakfast is served)

- *Fresh Fruit GF/V/(V) Bacon GF/LC
- *Cereal V Turkey Sausage GF/LC
- *Bagels V Vegetarian Sausage V
- *Yogurt GF/V Scrambled Eggs GF/V/LC
- *Granola V Hash Browns GF/V

Breakfast Specials

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage	Pancakes V	Breakfast	French	Breakfast
Gravy		Pizza	Toast V	Casserole

Wellness Bar

Salad Bar available Monday-Friday 10am-4pm

Grab & Go (GF Bread available upon request)

Includes Premade Salads & Sandwiches, PB&Js, Chips, Fruit Cups

Salads available Monday-Friday 4pm-7pm/Saturday & Sunday 11am-5pm

Sandwiches available Monday-Friday 11am-7pm/Saturday & Sunday 11am-5pm

Soup of the Day

Soups of the Day include but are not limited to:

Chili **LC/CF** Chicken Noodle Broccoli Cheese **V/LC**
Spinach Artichoke **V/LC** Garden Vegetable **V/LC** Chicken & Dumpling
Tomato **GF/LC** Chicken Wild Rice Minestrone **V**

Stop in each Day to Try our Soup selection.

Don't see your Favorite Soup? Let us know what you like!

Hawks Nest Grill

Fry oil is used to cook items that contain gluten, fish, & shrimp

Items available Monday-Friday 10am-7pm Saturday & Sunday 11am-5pm

Menu Includes but is not Limited to:

Hamburgers **GF/LC** Cheese Burgers **GF/LC** Vegan Burgers **V/(V)**
Spicy Chicken Grilled Chicken **GF/LC** Chicken Tenders
French Fries **GF/V**

Fast Food items you would like to see? Let us know!

Italian Oven

Limited Availability

Features Pizza and Hot Subs (**GF crust is available upon request**)

Chef's Table

Menu features Items Prepared by the Culinary School

Stop in to see what they have cooked up!

Cycle 1

Runs weeks of 1-12/2-9/3-8/4-5/5-3

Lunch Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Country Fried Steak Mashed Potatoes GF/V Country Gravy Pea & Carrots GF/V/V/V Rolls V	Sloppy Joes LC Hot Dog GF Tots GF/V Baked Beans GF/V Brussels Sprouts GF/V/V/V	Walking Tacos Tortillas V Rice GF/V Beef Roasted Corn GF/V/V/V Queso V	Chicken Wings Mac & Cheese Broccoli GF/V/V/V/LC Biscuits V	Lasagna Roll ups California Blend Veggies GF/V/V/V Bread Sticks V	Tilapia LC/CF Wild Rice GF/V Cheese Tortellini V Asparagus GF/V/V/V Rolls V	BBQ Chicken Breast LC Roasted Potatoes GF/V/V/V Green Beans GF/V/V/V Corn Bread V

Dinner Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Spaghetti Meatballs Mixed Veggies GF/V/V/V Garlic Bread V	Fried Chicken Mashed Potatoes GF/V Gravy Corn GF/V/V/V Rolls V	Chicken Wings Mac & Cheese Broccoli GF/V/V/V Biscuits V	Meat Loaf Mashed Potatoes GF/V Gravy Green Beans GF/V/V/V Biscuits V	Beef Stroganoff Tuna Noodle Casserole CF Peas GF/V/V/V Roll V	

All menus subject to change

Special Diet? Let us know what we can do to accommodate!

Cycle 2

Runs weeks of 1-19/2-16/3-15/4-12

Lunch Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brisket GF/LC	Roasted Turkey GF/LC	Chicken Fajitas GF/LC	Chicken Wings Mac & Cheese Broccoli	Pulled Pork Cheesy Potatoes GF/V	Salmon GF/LC/CF Wild Rice GF/V	Chicken Legs Mashed Potatoes GF/V
Roasted Potatoes GF/V	Mashed Potatoes GF/V	Tortillas Rice GF/V	Mac & Cheese Broccoli GF/V/(V)	Glazed Carrots GF/V/(V)	Chicken Cordon Bleu Asparagus GF/V/(V)	Corn GF/V/(V)
Mac & Cheese Corn on the Cob GF/V/(V)	Gravy Peas & Carrots GF/V/(V)	Roasted Corn GF/V/(V)	Rolls V	Corn Bread V	Rolls V	Biscuit V
Garlic Cheddar Biscuits V	Rolls V	Refried Beans V				

Dinner Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chicken Alfredo Broccoli GF/V/(V)	General TSO Chicken Rice GF/V	Chicken Wings Mac & Cheese Broccoli GF/V/(V)	Chicken Parmesan Pasta V California Blend Veggies GF/V/(V)	Shrimp CF Baked Potato GF/V/(V)	
	Garlic Bread V	Egg Rolls V	Rolls V	Bread Sticks V	Bar Broccoli GF/V/(V)	
		Veggie Blend GF/V/(V)			Brown Rice GF/V/(V)	

All menus subject to change! Special Diet? Let us know what we can do to accommodate!

Cycle 3

Runs weeks of 1-26/2-23/3-22/4-19

Lunch Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BBQ Rib LC	Ravioli V	Ham	Chicken	Stuffed	Fish	Chicken
Roasted	Green	GF/LC	Wings	Shells V	Nuggets	Pot Pie
Potatoes	Beans	Cheesy	Mac &	Brussels	CF	
GF/V/(V)	GF/V/(V)	Potatoes	Cheese	Sprouts	Corn	
Corn On	Garlic	GF/V	Broccoli	GF/V/(V)	Dogs	
the Cob	Bread V	California	GF/V/(V)	Bread	Cheese	
GF/V/(V)		Blend	Biscuits V	Sticks V	Curds V	
Biscuit V		Veggies			Onion	
		GF/V/(V)			Petals V	
		Rolls V				

Dinner Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pot	Pork Loin	Chicken	Teriyaki	Shrimp	
	Roast	GF/LC	Wings	Chicken	Scampi CF	
	GF/LC	Wild rice	Mac &	GF/LC	Pasta	
	Mashed	GF/V/(V)	Cheese	Pineapple	Asparagus	
	Potatoes	Roasted	Broccoli	Fried Rice	GF/V/(V)	
	GF/V	Root	GF/V/(V)	GF/V	Bread	
	Gravy	Veggies	Biscuits V	Stir Fried	Sticks V	
	Carrots	GF/V/(V)		Veggies		
	GF/V/(V)	Rolls V		GF/V/(V)		
	Rolls V			Egg Rolls		
				V		

All menus subject to change

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Cycle 4

Runs weeks of 2-2/3-1/3-29/4-26

Lunch Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BBQ Chicken LC Sweet Potatoes GF/V/(V) Asparagus GF/V/(V) Corn Bread V	Stuffed Shells V Grilled Veggies GF/V/(V) Bread Sticks V	Taco Tuesday Tortillas Rice GF/V Beef GF/LC Chicken GF/LC Roasted Corn GF/V/(V) Queso V	Chicken Wings Mac & Cheese Broccoli GF/V/(V) Biscuits V	Spaghetti Meatballs California Blend Veggies GF/V/(V) Garlic Bread V	Tilapia CF Chicken Broccoli Rice Casserole GF Carrots GF/V/(V) Rolls V	Salisbury Steak Mashed Potatoes GF/V Gravy Green Beans GF/V/(V) Biscuits V

Dinner Includes 22oz Fountain Drink, Bread, and Dessert

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chicken Bowls Mashed Potatoes GF/V Gravy Corn GF/V/(V) Rolls V	Sweet & Sour Chicken Rice GF/V Veggie Blend GF/V/(V) Egg rolls V	Chicken Wings Mac & Cheese Broccoli GF/V/(V) Biscuits V	Pork Chops GF/LC Cheesy Potatoes GF/V Brussels Sprouts GF/V/(V) Rolls V	Beef Noodles Mashed Potatoes GF/V Peas GF/V/(V) Rolls V	

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