

EARLY COLLEGE MENU – 2023/2024 SCHOOL YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>Breakfast</u></p> <p>Assorted Muffins OR Danish (3.6 oz or greater) <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Cheeseburger on WG Bun <u>OR</u> BBQ w/ Coleslaw on WG Bun <u>OR</u> Chef Salad w/ Dressing w/ WG Roll</p> <p><u>SERVED WITH</u> Lettuce Leaf & Tomato Slices French Fries (1/2 cup) Seasoned Black-Eyed Peas (1/2 cup) Pineapple Tidbits (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Sausage Biscuit <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Chicken Alfredo Pasta w/ WG Bread Stick <u>OR</u> Hot Dog On w/ Chili on WG Bun <u>OR</u> Chef Salad w/ Dressing w/ WG Roll</p> <p><u>SERVED WITH</u> Seasoned Corn (1/2 cup) Seasoned Carrots (1/2 cup) Chilled Pears (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Apple <u>OR</u> Cherry Strudel <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Chicken Filet Sandwich On WG Bun <u>OR</u> Meatloaf & Gravy w/ WG Roll <u>OR</u> Chef Salad w/ Dressing w/ WG Roll</p> <p><u>SERVED WITH</u> Mashed Potatoes (1/2 cup) Seasoned Green Beans (1/2 cup) Chilled Peaches (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Pancake Sausage on Stick w/ Syrup <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Beef & Cheese Nachos <u>OR</u> Chicken Nuggets (5) w/ WG Roll <u>OR</u> Chef Salad w/ Dressing w/ WG Roll</p> <p><u>SERVED WITH</u> Mixed Vegetables (1/2 cup) Seasoned Pinto Beans (1/2 cup) Chilled Applesauce (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Chicken Biscuit <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Pizza <u>OR</u> Sloppy Joe on WG Bun <u>OR</u> Chef Salad w/ Dressing w/ WG Roll</p> <p><u>SERVED WITH</u> Seasoned Broccoli (1/2 cup) Sweet Potato Fries (1/2 cup) Chilled Fruit Cocktail (1/2 cup)</p> <p>Assorted Cookies</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>
<p style="text-align: center;"><u>Breakfast</u></p> <p>Assorted Muffins OR Danish (3.6 oz or greater) <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Pizza <u>OR</u> Country Fried Steak & Gravy w/ WG Roll <u>OR</u> Chef Salad w/ WG Roll</p> <p><u>SERVED WITH</u> Mashed Potatoes (1/2 cup) Seasoned Broccoli (1/2 cup) Chilled Fruit Cocktail (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Sausage Biscuit <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Spaghetti w/ Meat Sauce & WG Breadstick <u>OR</u> Fish Sandwich On WG Bun <u>OR</u> Chef Salad w/ WG Roll</p> <p><u>SERVED WITH</u> Seasoned Carrots (1/2 cup) Mixed Greens (1/2 cup) Chilled Pears (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Apple <u>OR</u> Cherry Strudel <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Meatballs w/ Gravy & Mashed Potatoes w/ WG Roll <u>OR</u> Rib-B-Que On WG Bun <u>OR</u> Chef Salad w/ WG Roll</p> <p><u>SERVED WITH</u> Green Beans (1/2 cup) Steamed Cabbage (1/2 cup) Chilled Peaches (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Pancake Sausage on Stick w/ Syrup <u>OR</u> Cereal (2 each)</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BBQ on WG Bun w/ Coleslaw <u>OR</u> Chicken Filet Sandwich On WG Bun <u>OR</u> Chef Salad w/ WG Roll</p> <p><u>SERVED WITH</u> Sweet Potato Fries (1/2 cup) Seasoned Pinto Beans (1/2 cup) Pineapple Tidbits (1/2 cup)</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Chicken Biscuit <u>OR</u> Cereal</p> <p><u>SERVED WITH</u> Seasonal Fresh Fruit (1/2 cup) Assorted 100% Juice (4oz.) Assorted Milk (8oz.)</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Chicken Nuggets (5) w/ WG Roll <u>OR</u> Steak & Cheese on WG Bun <u>OR</u> Chef Salad w/ WG Roll</p> <p><u>SERVED WITH</u> French Fries (1/2 cup) Seasoned Black-Eyed Peas (1/2 cup) Chilled Applesauce (1/2 cup) Cookie</p> <p><u>CHOICE OF:</u> 1% White Milk (8 oz.) Skim Chocolate Milk (8 oz.) Skim Strawberry Milk (8oz.)</p>