

MYC Menu 2016 (Tentative)

Day	Breakfast	Lunch	Dinner
Sunday			Chicken Parmesan, Garlic Bread, Salad
Monday	Pancakes (whole wheat), Fruit, Homefries	Burritos (Chicken), Refried Beans (Vegetarian)	Enchiladas (Beef), Rice, Refried Beans (Vegetarian), Salad
Tuesday	Bagels & Cream Cheese, Hot or Cold Cereal, Fruit	Baked Potatoes with Topping, Salad	Bar-B-Que Chicken , Rice, Veggies, Salad
Wednesday	Scrambled Eggs, Biscuits & Gravy, Sausage (ethically raised, halal)	Pizza (topping: beef pepperoni), Salad	Falafel, Salad, Hummus, Naan, Potatoes
Thursday	Scrambled Eggs, Beef Bacon , Hash Browns, Toast (whole wheat options)	Grilled Cheese, Soup, Fruit	Spaghetti, Garlic Bread, Salad
Friday	French Toast, Fruit, Hash Browns, Potatoes	Hamburgers , French Fries, Salad	Fajitas (Chicken), Rice, Refried Beans (Vegetarian), Salad
Saturday	Pancakes (whole wheat), Fruit, Homefries		