



# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sausage* Biscuits  Fettuccine Alfredo with Chicken Vegetable Primavera Spring Mix Salad California Blend Veggies	2 Breakfast Tacos with Seasoned Potatoes, Peppers & Onions  Beef Tips with Rice Black Eye Peas Glazed Carrots Garlic Butter Roll	3 Muffins & Yogurt Parfait Or Breakfast Bagel  Hamburger/Black Bean Burger French Fries Carrots
6 Biscuit and Ham*  Sweet & Sour Chicken Bites Lo Mein Edamame & Carrots Eggroll	7 Shrimp & Grits  Beef or Tofu Taco Bowl Spanish Rice Black Beans & Corn on the Cob Salsa, Sour Cream	8 French Toast Casserole w/ Berries & Smoothie  Breaded Chicken* Sandwich Sweet Potato Fries Strawberry Fields Salad	9 Smoked Sausage & Pancake  Lemon Baked Chicken or Tilapia Sweet Potato Halves Collard Greens Cornbread	10 Muffins & Yogurt Parfait Or Breakfast Pizza  Assorted Pizza Corn on the Cob Sweet Potato Fries
13 Biscuit w/ Sausage Gravy or Vegetarian Sausage  Teriyaki Chicken w/ Rice Salad w/ Honey & Sesame Oil Dressing Vegetable Blend Stir Fry Egg roll	14 English Muffin with Eggs & Cheese  Chicken or Tofu Fajitas Sauteed Pepper & Onions Seasoned Potatoes Salsa, Sour Cream	15 Boiled Egg & Spiced Oatmeal  Hamburger/Black Bean Burger or Hotdog Potato Wedges Baked Beans	16 French Toast w/ Smoked Sausage  Smothered Chicken Breast or Meatless Tenders Mashed Potatoes Glazed Carrots Garlic Butter Roll	17 Muffins & Yogurt Parfait Or Breakfast Bagel  Chicken Tenders* or Catfish Nuggets Broccoli Bites French Fries Dessert
20 Biscuit & Sausage Links*  <b>National Ravioli Day</b> Breaded Ravioli or Baked Ziti Italian Green Beans Zucchini & Squash	21 Avocado Toast, Tomatoes & Bacon  Beef or Tofu Nachos Pinto Beans WK Corn Salsa, Sour Cream	22 Chicken & Waffles  Salad Bar w/ Various Toppings Creamy Tomato Basil Soup Breadstick	23 Cheesy Omelet & Fruity Oatmeal  Assorted Chicken Wings or Meatless Tenders Creamed Spinach & Pita Chips Fresh Carrots & Celery w/ Ranch	24 Muffins & Yogurt Parfait Or Breakfast Pizza  Assorted Pizza Corn on the Cob Sweet Potato Fries

Meals Include \*Plant-based Substitutions, 8 oz. Milk & Assorted Fruits.

Cereal, Grits, Muffins, PB&J and Yogurt available at Breakfast. Ask about our gluten-free options.

## FYI

**Our menu is subject to change based on product availability.**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

### Meal Prices

Student Breakfast \$3.00 | Lunch \$5.00

Faculty Breakfast \$4.00 | Lunch \$6.00

Visitor Breakfast \$4.00 | Lunch \$7.00