

		BREAKFAST	SNACK	LUNCH	DINNER
MON (meatless)	11.14	Homemade Granola, Yogurt, Berry Parfait	Popcorn	Leftovers	WRAPS with ROASTED VEGETABLES
TUES (soup)	11.15	Oatmeal and Fried Eggs	Frozen Banana Bites	Quesadillas	BROCCOLI THREE CHEESE SOUP* Green Salad Whole Wheat Popovers
WED (potluck)	11.16	Scrambled Eggs & Toast	Whole Wheat Pumpkin Muffins	Leftovers	MILE-HIGH SHREDDED BEEF
THURS (meat/ mexican)	11.17	Smoothies	Cornbread with Raw Honey and Grass-fed Butter	Leftovers	COBB SALAD
FRI (hospitality)	11.18	Baked Breakfast Quinoa & Oatmeal*	Hardboiled Eggs	Leftovers	CHICKEN CHOW MEIN* HOT 'N SOUR SOUP
SAT (BBQ)	11.19	Eggs, Biscuits & Gravy	Nuts & Raisins	[merge] eating out	WHITE FISH WITH BASIL QUINOA WITH FETA, BASIL & TOMATOES
SUN (Family Night)	11.20	Pumpkin Pancakes Fried Eggs	Fruit & Cheese	Leftovers	[open night]