

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Sausage Links Syrup, Butter Oatmeal, Cold Cereal Drink Hand Fruit Yogurt	Scrambled Eggs Bacon Hash Brown Patty Oatmeal, Cold Cereal Drink Hand Fruit Yogurt	Biscuits & Gravy Scrambled Eggs Oatmeal, Cold Cereal Drink Hand Fruit Yogurt	Breakfast Egg Scramble w/ Meat & Cheese Biscuit Oatmeal, Cold Cereal Drink Hand Fruit Yogurt	French Toast Sausage Patty Syrup, Butter Oatmeal, Cold Cereal Drink Hand Fruit Yogurt	Continental Breakfast Protein Drink / Bar Oatmeal, Cold Cereal Drink Hand Fruit
Lunch		Chicken Strips Macaroni & Cheese Drink Salad Bar Hand Fruit	Soft Tacos Ground Beef Lettuce, Tomato, Cheese Salsa, Sour Cream Drink Salad Bar Hand Fruit	Hot Dogs Tater Tots Drink Salad Bar Hand Fruit Dessert	French Bread Pizza Cheese or Pepperoni Chips Drink Salad Bar Hand Fruit	Grilled Chicken Breast W/Bacon on Bun Battered French Fries Drink Salad Bar Hand Fruit	
Dinner	Salisbury Steak Potatoes & Gravy Vegetable Rolls & Butter Drink Salad Bar Hand Fruit Dessert	Pot Roast Potatoes Vegetable Rolls & Butter Drink Salad Bar Hand Fruit Dessert	Ham Stuffing Vegetable Drink Salad Bar Hand Fruit Dessert	Baked Pasta Bread Sticks Drink Salad Bar Hand Fruit	Popcorn Chicken Mashed Potatoes Corn, Gravy Rolls & Butter Drink Salad Bar Hand Fruit Dessert	Pulled Pork W/Bun Baked Beans, Cole Slaw Potato Salad, Chips Drink Salad Bar Hand Fruit Dessert	



The Michigan Crossroads Council operates **NUT FREE** dining facilities.

Peanut butter substitute (soy) and jelly is available at all meals upon request.



Salad Bar: May include mixed lettuce, tomatoes, olives, peppers, pickles, beets, chick peas, banana peppers, cucumbers, eggs, diced ham, cheese, croutons, bacon bits, cottage cheese, macaroni/pasta salad, fruit (pineapple, pears, peaches, mandarin oranges), dressings (Ranch, Italian, French, Thousand Island)

Hand Fruit: May include apples, oranges, bananas, or grapes

Drinks: May include 1% milk, coffee, tea, water, gatorade, fruit punch, lemonade, apple juice, or orange juice

Dessert: May include cookies, jello, krispie treat, brownie, cakes, pie, cobbler, ice cream, popcicle, pudding, or fruit snacks

* Menu is Subject to Change