

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Sausage  Oatmeal Apple Sauce Cut Fruit Raisins Granola / Cereal	Brekkie Casserole (Eggs, O'Brien Potatoes, Cheese, Vegetables)  Oatmeal Cottage Cheese Cut Fruit Raisins Cereal	French Toast Sausage Patties  Oatmeal Strawberry Topping Cut Fruit Raisins Whipped Cream	Mile High Biscuits & Gravy  Oatmeal Cut Fruit Raisins Cereal	Scrambled Eggs w/ Bacon Yogurt Cups  Oatmeal Salsa Cut Fruit Raisins Granola / Cereal	Cinnamon Rolls Hard Boiled Eggs Waffles  Oatmeal Hand Fruit
	GF/DF/EF	Grain Free Oatmeal GF Pancake Veggie Sausage	Grain Free Oatmeal Uneggs Casserole GF/DF Egg White Cups	Grain Free Oatmeal French Toast Whipped Cream	Grain Free Oatmeal Biscuits & Gravy	Grain Free Oatmeal Uneggs Veggie Patties	Grain Free Oatmeal GF Waffles GF Cinnamon Rolls
Lunch		Meatball Sub Chips Carrots Cheese Cut Fruit	McGerblets (BBQ Sammie) Jo Jos BBQ Sauce Coleslaw Cake / Cookie	Grilled Cheese Tater Tots Cottage Cheese 3 Bean Salad	Pulled Pork on a Bun Texas Slaw Pineapple Cowboy Caviar	Chili Dogs	
	Salad Bar Available at Lunch						
GF/DF/EF	GF Bun / Veggie Balls	GF Bun / Veggie Shreds	Cheez / GF Bread	Jack Shred / GF Bun	Undog / GF Bun		
Dinner	Baked Ham Scalloped Potatoes Green Beans Rolls / Butter White / White Cake Mustard Potato Salad	Turkey Mashed Potatoes & Gravy Stuffing Corn Pie Square Cranberries	Tacos (Hard Shell) Mexican Rice Churros	Charlie Stew <b>patrol cooking</b> (Sirloin Chunks, Carrots, Potato, Onion, Beef Base, Celery) Delivery Cookies	Meatloaf Mac & Cheese Peas / Carrots Choco / Choco Cake	Chicken BBQ Coleslaw Southern Potato Salad Cornbread Cookie	
	Salad Bar Available at Dinner						
GF/DF/EF - Baked Potato	Tofurky Loaf / GF Gravy	TVP Meat / Cheez / Cheem	Cookies	Veggie Loaf / GF Mac & cheez	GF Cornbread / Margarine		



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, popsicle, pudding, or fruit snacks

\* Menu is Subject to Change