

	Day 1	Day 2	Day 3	Day 4
Breakfast		Pancakes Sausage Oatmeal Apple Sauce Cut Fruit Raisins Granola/Cereal Drink	Scrambled Eggs Hashbrowns Oatmeal Salsa Cut Fruit Raisins Granola/Cereal Drink	Cinnamon Rolls Sausage Patties Oatmeal Cut Fruit Raisins Granola/Cereal Drink
	GF/DF/EF	Grain Free Oatmeal GF Pancake Veggie Sausage	Grain Free Oatmeal Unegg GF/DF Egg White Cups	Grain Free Oatmeal French Toast
Lunch		Pasta w/Red Sauce Meatballs Garlic Bread Cut Fruit Salad Bar Drink	Chili Dogs Tater Tots Carrots Salad Bar Drink	Chicken Strips Jo Jos Mac & Cheese Salad Bar Drink
	GF/DF/EF - GF Gravy	GF Bun/Veggie Balls	GF Bun/Veggie Shreds	Cheez/GF Bread
Dinner	Turkey Mashed Potatoes & Gravy Stuffing Corn Dessert Cranberries Salad Bar Drink	Baked Chicken Potato Salad Cornbread Dessert Salad Bar Drink	Walking Tacos Mexican Rice Dessert Taco Salad Bar Drink	
	GF/DF/EF - GF Gravy	Baked Potato	Cheez/TVP Meat	



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