



What's on the menu?



Southern University Laboratory School : Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Cheddar grits & toast Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>2 French Toast Sticks Sausage Patty Assorted cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>
<p>5 Sausage Pancake stick Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>6 Apple Frudel Assorted Pop tarts Mozzarella Stick Fresh fruit 100% Fruit juice Milk of choice</p>	<p>7 Ham & Cheese Biscuit Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>8 Grits & Eggs Assorted cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>9 MG Cinnamon roll Assorted Pop tarts Mozzarella cheese stick Fresh fruit 100% Fruit juice Milk of choice</p>
<p>12 MG Break</p>	<p>13 MG Break</p>	<p>14 MG Break</p>	<p>15 Cheddar grits & toast Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of Choice</p>	<p>16 Ham & Cheese English Muffin Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>
<p>19 Cini Mini Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>20 Sausage Pancake stick Assorted Cereal Graham crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>21 Chicken Biscuits Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>22 Assorted Muffins Mozzarella cheese stick Assorted Cereal Graham Cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>23 Pancakes & Sausage Cereal Bar Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>
<p>26 Warm cinnamon toast bar Assorted Cereal Graham cracker Fresh fruit 100% Fruit juice Milk of choice</p>	<p>27 Blueberry Bash Waffles Assorted Cereal Graham crackers Fresh fruit 100% Fruit juice Milk of choice</p>	<p>28 Sausage Biscuit Assorted Cereal Graham Crackers Fresh Fruit 100% Fruit Juice Milk of Choice</p>	<p>29 Sausage Pancake stick Assorted Cereal Graham Crackers Fresh fruit 100% Fruit juice Milk of choice</p>	



What's on the menu?



Southern University Laboratory School : Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Smothered Chicken Over rice</p> <p>Chef Salad/roll Steamed Broccoli Tropical Fruit Milk of Choice</p>	<p>2 Spicy Chicken Sandwich</p> <p>Chef Salad Tater Tots Fresh carrot sticks Fresh Orange Milk of Choice</p>
<p>5 Beefaroni Dinner roll Mixed vegetables</p> <p>Ham & Cheese wrap Tossed Salad Diced pears Milk of Choice</p>	<p>6 Turkey Tacos</p> <p>Taco salad Mexican Pinto beans Cherry tomatoes Red grapes Milk of Choice</p>	<p>7 Chicken Nuggets Mashed potatoes Dinner roll Chef Salad Broccoli spears Diced Pears Milk of Choice</p>	<p>8 Chicken & Sausage Jambalaya Seasoned Collards Baby carrots Ham & Cheese wrap Fruit Juice Milk of Choice</p>	<p>9 Pepperoni Pizza</p> <p>Chef Salad Potato Wedges Cucumber & tomato salad Fresh Orange Milk of Choice</p>
<p>12 MG Break</p>	<p>13 MG Break</p>	<p>14 MG Break</p>	<p>15 Meatballs & Spaghetti Seasoned Green beans Philly steak Dinner roll Tossed salad Fresh orange Milk of Choice</p>	<p>16 Chicken & sausage Gumbo Half grilled cheese Seasoned broccoli Fun lunch Baby carrots Milk of Choice</p>
<p>19 Chicken Alfredo Garlic roll Seasoned Collards Fun Lunch Tossed salad Fresh Fruit Milk of Choice</p>	<p>20 Turkey Nachos Fiesta rice Mexicali pinto beans Taco Salad Cherry Tomatoes Fruit juice Milk of Choice</p>	<p>21 Popcorn Chicken Mashed potato Seasoned Corn Roll Fun lunch Baby Carrots Apple Milk of Choice</p>	<p>22 Cheeseburger Potato Wedges Ham & Cheese wrap Orange Lettuce & Tomatoes Milk of Choice</p>	<p>23 Pepperoni Pizza Casserole Steamed broccoli Roll MB Sub Tossed salad Chilled pears Milk of Choice</p>
<p>26 Red Beans & Sausage Mustard Greens Seasoned Cauliflower Cornbread Chilled Peaches Milk of Choice</p>	<p>27 Chicken Nachos Turkey Taco salad Fiesta rice Mexican corn Strawberries Cherry tomatoes Milk of Choice</p>	<p>28 Salisbury Steak Mashed Potatoes Dinner roll Fun lunch Seasoned green beans Chilled peaches Milk of Choice</p>	<p>29 Smothered Chicken Over rice Philly Steak Seasoned Carrots Sliced cucumbers Grapes Milk of Choice</p>	