

LE Smith Center Menu 2017-2018

	Day 1	Day 2	Day 3	Carb Notes	Notes
Breakfast		Egg Pattie Bacon WG Bagel Milk Juice 4 oz Fresh/Canned Fruit Vegetarian WG Cereal	WG French Toast & Syrup Sausage Link WG Bagel Milk Juice Fresh/Canned Fruit Vegetarian WG Cereal	Jelly Cream cheese	
Lunch	Group Arrival Students bring lunch Milk	Cookout * Hamburgers & Hot Dogs French Fries ½ c Veggie Salad Bar Milk Lettuce, Tomato WG HB/HD Roll Fresh/Canned Fruit Vegetarian Cheese Dippers	WG Personal Pizza Pepperoni or Cheese Green Beans Veggie Salad Bar Milk Fresh/Canned Fruit Vegetarian Cheese Pizza		
Dinner	Baked BBQ Chicken Whipped Potatoes and Gravy Carrots Veggie Salad Bar WG Dinner Roll Milk Vegetarian Cheese Dippers	Spaghetti Meat or Meatless Sauce Broccoli Veggie Salad Bar French Bread Milk Vegetarian Spaghetti & Meatless Sauce	Group Departure	Salad/Veggie Bar Lunch/Dinner Salad Mix Tomatoes Shredded Cheese Baby Carrots Chick Peas Romanine Kidney Beans Dressings: Ranch Caesar Salsa Ranch	*Wintertime menu is soup and grilled cheese instead of Hamburgers and Hotdogs This is from about Winter Break to Spring Break (lunch on Day 2)
Snack	WG Cookies Milk	WG Cookies Milk			