

# Horizons Youth Programs Sample Menu

## SUNDAY

breakfast	pancakes with sausage patty
lunch	meatball sub, French fries, and veggies
dinner	spaghetti and meat sauce, broccoli, garlic bread sticks, and apple cobbler

## MONDAY

breakfast	scrambled eggs, grilled ham, and biscuit
lunch	barbeque pulled chicken sandwich, potato chips, and a pickle spear
dinner	roast beef, mashed potatoes, peas and carrots, and lemon bars

## TUESDAY

breakfast	waffle sticks with sausage links
lunch	beef tacos, Mexi rice, and corn
dinner	ham, mac, and peas casserole, garlic bread, and cookies

## WEDNESDAY

breakfast	cheesy eggs, bacon, and has brown triangle
lunch	cheese pizza, pepperoni pizza, and broccoli
dinner	barbeque chicken leg quarters, scalloped potatoes, green beans, and banana pudding

## THURSDAY

breakfast	blueberry pancakes and sausage patties
lunch	grilled ham and cheese with tomato or chicken noodle soup and chips
dinner	chili, rice, corn muffin, and cake

## FRIDAY

breakfast	scrambled eggs, sausage link, and apple cinnamon muffin
lunch	chicken quesadilla, Mexican rice, and corn
dinner	tortellini with marinara and Alfredo, diced chicken, Italian veggies, and Italian ice

## SATURDAY

breakfast	chicken biscuit with honey butter and tater circles
lunch	chicken nuggets, baked potato, and mixed veggies
dinner	burger, hot dogs, baked beans, macaroni salad, potato chips, and ice cream novelty

\*breakfast always includes: orange juice, milk, cereal, yogurt, fresh fruits, NutriGrain bars, butter and jelly

\*lunch and dinner always include: salad bar, deli bar, and sunbutter and jelly sandwiches



# Horizons Youth Programs Sample Menu

## SUNDAY

breakfast	scrambled eggs, ham, cinnamon toast, and bagel
lunch	chicken taco, Mexirice, and roasted corn
dinner	lasagna, broccoli, bread sticks, and ice cream

## MONDAY

breakfast	pancakes, banana compote, and bacon
lunch	grilled cheese, Fritos, and tomato soup
dinner	chicken and dumplings, mashed potatoes, green beans, and chocolate pudding

## TUESDAY

breakfast	scrambled eggs, sausage links, and hash brown patty
lunch	beef nachos and corn
dinner	General Tso's or sweet and sour chicken, rice, Asian vegetables, and cake

## WEDNESDAY

breakfast	French toast sticks and pork patties
lunch	chicken patty sandwich, fries, and fresh fruit
dinner	pulled pork, coleslaw, scalloped potatoes, corn muffins, and brownies

## THURSDAY

breakfast	cheesy scrambled eggs, bacon, and blueberry muffins
lunch	chicken nuggets, mac & cheese, and carrots
dinner	pepperoni pizza, cheese pizza, broccoli, and ice cream

## FRIDAY

breakfast	pancakes and sausage links
lunch	Frito pie, cheese, and sour cream
dinner	chicken parmesan, penne pasta, veggies, and lemon bars

## SATURDAY

breakfast	sausage, egg, and cheese biscuit and hash brown patty
lunch	chicken po boy, tater tots, and veggies
dinner	meatloaf, mashed potatoes, green beans, and cookies

\*breakfast always includes: orange juice, milk, cereal, yogurt, fresh fruits, NutriGrain bars, butter and jelly

\*lunch and dinner always include: salad bar, deli bar, and sunbutter and jelly sandwiches

