

# UPWARD BOUND WEEK ONE

Menu Subject To Change Due to Availability

SUNDAY 5/26/2024	MONDAY 5/27/2024	TUESDAY 5/28/2024	WEDNESDAY 5/29/2024	THURSDAY 5/30/2024	FRIDAY 5/31/2024	SATURDAY 6/1/2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Milk/Cereal Boiled Eggs Yogurt Bar Biscuits & Gravy	Milk/Cereal Scrambled Eggs Sausage Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy
NO MEAL SERVED	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
Chicken Fried Steak Mash Potatoes/Gravy Hot Rolls	Chicken Fried Steak Mash Potatoes/Gravy Hot Rolls	Chicken Sandwich French Fries Broccoli	Spaghetti/Meat Sauce Garlic Sticks Corn	Chicken Tenders Tater Tots Cauliflower	Hamburgers French Fries Baked Beans	Hamburgers French Fries Baked Beans
Taco Bar	Taco Bar	Taco Bar	Taco Bar	Taco Bar	Taco Bar	Taco Bar
Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar
Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies
Brownies	Brownies	Brownies	Brownies	Brownies	Brownies	Brownies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Nuggets Chips Cookies	Crispitos Cheesy Potatoes Green Beans	Raviole French Fries California Blend	Hamburgers French Fries Carrots			
Deli Bar Endless Salad Bar Assorted Fresh Fruits	Taco Bar	Taco Bar	Taco Bar			

# UPWARD BOUND WEEK TWO

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SUNDAY 6/2/2024	MONDAY 6/3/2024	TUESDAY 6/4/2024	WEDNESDAY 6/5/2024	THURSDAY 6/6/2024	FRIDAY 6/7/2024	SATURDAY 6/8/2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk /Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk /Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits & Gravy	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy Sausage	Bacon Scramble Eggs Tator tots Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy
NO MEAL SERVED	NO MEAL SERVED	NO MEAL SERVED	NO MEAL SERVED	NO MEAL SERVED	NO MEAL SERVED	NO MEAL SERVED
Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle BAR Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
	<b>Pizza</b> <b>Green Beans</b> Taco Bar	<b>Chicken Nuggets</b> <b>Tater Tots</b> Carrots Taco Bar	<b>Fried Chicken</b> <b>Mash/Potatoes/Gravy</b> Corn Hot Rolls Taco Bar	<b>Tater Tot Casserole</b> <b>Green Beans</b> Hot Roll Taco Bar	<b>Hamburgers</b> <b>French Fries</b> Baked Beans Taco Bar	
	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	
	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<b>Entree</b> Hamburgers Chips Cookies	Mac & Cheese/Ham Broccoli Taco Bar	Baked Ziti Bread Sticks <b>Cauliflower/Cheese</b> Taco Bar	Corn Dogs Ranch Tots <b>Carrots</b> Taco Bar	Corn Dogs Ranch Tots <b>Carrots</b> Taco Bar		
Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts

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# UPWARD BOUND WEEK THREE

Menu Subject To Change Due to Availability

SUNDAY 6/9/2024	MONDAY 6/10/2024	TUESDAY 6/11/2024	WEDNESDAY 6/12/2024	THURSDAY 6/13/2024	FRIDAY 6/14/2024	SATURDAY 6/15/2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
NO MEAL SERVED	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Milk/Cereal Boiled Eggs Yogurt Bar Biscuits & Gravy	Milk/Cereal Scrambled Eggs Sausage Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy	NO MEAL SERVED
Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	NO MEAL SERVED
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
	<b>Chicken Fried Steak</b> <b>Mash Potatoes/Gravy</b> Corn <b>Hot Rolls</b> Taco Bar	<b>Chicken Sandwich</b> <b>French Fries</b> Broccoli Taco Bar	<b>Spaghetti/Meat Sauce</b> <b>Garlic Sticks</b> Corn Taco Bar	<b>Chicken Tenders</b> <b>Tater Tots</b> Cauliflower Taco Bar	<b>Hamburgers</b> <b>French Fries</b> Baked Beans Salad & Deli & Fruit Bar	
	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	
	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	
	Brownies	Brownies	Brownies	Brownies	Brownies	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Nuggets Chips <b>Cookies</b>	<b>Crispitos</b> Cheesy Potatoes Green Beans Taco Bar	<b>Ravoli</b> French Fries California Blend Taco Bar	<b>Hamburgers</b> French Fries Carrots Taco Bar			
	Deli Bar Endless Salad Bar Assorted Fresh Fruits	Deli Bar Endless Salad Bar Assorted Fresh Fruits	Deli Bar Endless Salad Bar Assorted Fresh Fruits			

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# UPWARD BOUND WEEK FOUR

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SUNDAY 6/16/2024	MONDAY 6/17/2024	TUESDAY 6/18/2024	WEDNESDAY 6/19/2024	THURSDAY 6/20/2024	FRIDAY 6/21/2024	SATURDAY 6/22/2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits & Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Bacon Scramble Eggs Tator tots Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy
NO MEAL SERVED	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle BAR Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices <i>Pasty</i>
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
	<b>Pizza Green Beans</b> Taco Bar	<b>Chicken Nuggets Tater Tots</b> Carrots Taco Bar	<b>Fried Chicken Mash/Potatoes/Gravy</b> Corn Hot Rolls Taco Bar	<b>Tater Tot Casserole Green Beans</b> Hot Roll Taco Bar	<b>Hamburgers French Fries</b> Baked Beans Taco Bar	
	Salad & Deli & Fruit Bar Assorted Cookies	Salad & Deli & Fruit Bar Assorted Cookies	Salad & Deli & Fruit Bar Assorted Cookies	Salad & Deli & Fruit Bar Assorted Cookies	Salad & Deli & Fruit Bar Assorted Cookies	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
<b>Entree</b> Hamburgers Chips Cookies	Mac & Cheese/Ham Broccoli Taco Bar	Etiquette Night Taco Bar	Corn Dogs Ranch Tots <b>Carrots</b> Taco Bar	Deli Bar Endless Salad Bar Fruit Bar Desserts	Deli Bar Endless Salad Bar Fruit Bar Desserts	

# UPWARD BOUND WEEK FIVE

Menu Subject To Change Due to Availability

SUNDAY 6/23/2024	MONDAY 6/24/2024	TUESDAY 6/25/2024	WEDNESDAY 6/26/2024	THURSDAY 6/27/2024	FRIDAY 6/28/2024	SATURDAY 6/29/2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
NO MEAL SERVED	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	Milk/Cereal Boiled Eggs Yogurt Bar Biscuits & Gravy	Milk/Cereal Scrambled Eggs Sausage Biscuits and Gravy	Bacon Scramble Eggs Tator tots Biscuits and Gravy	NO MEAL SERVED
	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	Fruit Bar Waffle Bar Assorted Fruit Juices	
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNCH
	<b>Chicken Fried Steak Mash Potatoes/Gravy</b> Corn <i>Hot Rolls</i> Taco Bar	<b>Chicken Sandwich French Fries</b> Broccoli Taco Bar	<b>Spaghetti/Meat Sauce Garlic Sticks</b> Corn Taco Bar	<b>Chicken Tenders Tater Tots</b> Cauliflower Taco Bar	<b>Hamburgers French Fries</b> Baked Beans Salad & Deli & Fruit Bar	
	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	
	Assorted Cookies Brownies	Assorted Cookies Brownies	Assorted Cookies Brownies	Assorted Cookies Brownies	Assorted Cookies Brownies	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Nuggets Chips Cookies	<b>Crispitos</b> Cheesy Potatoes Green Beans Taco Bar	<b>Ravoli</b> French Fries California Blend Taco Bar	<b>Hamburgers</b> French Fries Carrots Taco Bar			
	Deli Bar Endless Salad Bar Assorted Fresh Fruits	Deli Bar Endless Salad Bar Assorted Fresh Fruits	Deli Bar Endless Salad Bar Assorted Fresh Fruits			