### **UPWARD BOUND WEEK ONE**

Menu Subject To Change Due to Availability

Taco Bar  Deli Bar  Endless Salad Bar  Assorted Fresh Fruits	<b>Crispitos</b> Cheesy Pot Green Bean	DINNER DINNER	Brownies	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Chicken Fried Steak Mash Potatoes/Gravy Com Hot Rolls	BRUNCH LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Yogurt Bar Boiled Eggs NO MEAL Biscuits and Gravy SERVED	BREAKFAST BREAKFAST	SUNDAY MONDAY 5/26/2024 5/27/2024	
Taco Bar  Deli Bar  Endless Salad Bar  Assorted Fresh Fruits	Ravioli French Fries California Blend	DINNER	Brownies	ies Assorted Cookies	uit Bar Salad & Deli & Fruit Bar	Taco Bar	Steak Chicken Sandwich  Gravy French Fries  Broccoli	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	BREAKFAST	TUESDAY 5/28/2024	
Taco Bar Deli Bar Endless Salad Bar Assorted Fresh Fruits	Hamburgers French Fries Carrots	DINNER	Brownies	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Spaghetti/Meat Sauce Garlic Sticks Com	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Boiled Eggs Yogurt Bar Biscuits & Gravy	BREAKFAST	WEDNESDAY 5/29/2024	Menu Subject To Change Due to Availability
		DINNER	Brownies	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Chicken Tenders Tater Tots Cauliflower	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk Cereal Scrambled Eggs Sausage Biscuits and Gravy	BREAKFAST	THURSDAY 5/30/2024	ailability
		DINNER	Brownies	Assorted Cookies	Salad & Deli & Fruit Bar		Hamburgers French Fries Baked Beans	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Bacon Scramble Eggs Tator tots Biscuits and Gravy	BREAKFAST	FRIDAY 5/31/2024	
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### **UPWARD BOUND WEEK TWO**

Menu Subject To Change Due to Availability

		Hamburgers Chips Cookies	Entree	DINNER					BRUNCH		NO MEAL SERVED	BREAKFAST	SUNDAY 6/2/2024	
	Salad Bar	Taco Bar Deli Bar	Mac & Cheese/Ham Broccoli	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Pizza Green Beans	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk /Cereal Yogurt Bar Boiles Eggs Biscuits and Gravy	BREAKFAST	MONDAY 6/3/2024	
Operate	Endless Salad Bar Fruit Bar Desserts	Taco Bar	Baked Zita Bread Sticks Cauliflower/Cheese	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Chicken Nuggets Tater Tots Carrots	LUNCH	Fruit Bar Waffle BAR Assorted Fruit Juices	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	BREAKFAST	TUESDAY 6/4/2024	
Operated By Great Western Dining Service, Inc.	Endless Salad Bar Fruit Bar Desserts	Taco Bar	Corn Dogs Ranch Tots <b>Carrots</b>	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Fried Chicken Mash/Potatoes/Gravy Com	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits & Gravy	BREAKFAST	WEDNESDAY 6/5/2024	Metric Subject to Change Due to Availability
vice, Inc.	Deli Dal Endless Salad Bar Fruit Bar Desserts			DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Tater Tot Casserole Green Beans Hot Roll	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	BREAKFAST	THURSDAY 6/6/2024	-
				DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Hamburgers French Fries Baked Beans	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices Pastry	Bacon Scramble Eggs Tator tots Biscuits and Gravy	BREAKFAST	FRIDAY 6/7/2024	
				DINNI				I I	BR	, c	NO NE AL	BREALNOSA	SATURA	

# **UPWARD BOUND WEEK THREE**

Menu Subject To Change Due to Availability

BREAKFAST   BREAKFAST   BREAKFAST	SUNDAY 6/9/2024	MONDAY 6/10/2024	TUESDAY 6/11/2024	Menu Subject To Change Due to Availability  WEDNESDAY  6/12/2024	THURSDAY 6/13/2024	
NO MEAL  No Milk/Cereal  No Milk Publicat  No Milk Pu	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	FAST
Fruit Bar Waffle Bar Waffle Bar Assorted Fruit Juices  BRUNCH  Chicken Fried Steak Mash Potatoes/Gravy Com Habt Rolls  Taco Bar  DINNER  Chesy Potatoes Green Beans  Endless Salad Bar Assorted Fruits  Fruit Bar Waffle Bar Waffle Bar Assorted Fruit Juices  Assorted Fruit Juices  Assorted Fruit Juices  Chicken Sandwich French Fries Broccoli  Com  Assorted Fruit Juices  Assorted Fruit Juices  Chicken Sandwich French Fries Broccoli  Com  Assorted Cookies  Assorted Cookies  Brownies  Brownies  Brownies  Brownies  Brownies  Brownies  Brownies  Brownies  Brownies  DINNER  Chicken Sandwich French Fries Com  Assorted Cookies  Assorted Cookies  Assorted Cookies  Assorted Fruit Juices  French Fries Carrots  Com  Assorted Fruit Juices  French Fries Com  Com  Hamburgers Carrots  California Blend  Brownies  DINNER  DINNER  DINNER  Chicken Sandwich Fruit Bar  Taco Bar	NO MEAL SERVED	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits and Gravy	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage		Milk Cereal Scrambled Eggs Sausage Biscuits and Gravy	V
BRUNCH       LUNCH       LUNCH         Chicken Fried Steak Mash Potatoes/Gravy Corn       Chicken Sandwich French Fries         LAD+ RDIIIS       French Fries         Corn       Broccoli         HAD+ RDIIIS       Taco Bar         Taco Bar       Taco Bar         Salad & Deli & Fruit Bar       Salad & Deli & Fruit Bar         Assorted Cookies       Assorted Cookies         Brownies       Brownies         DINNER       DINNER         Crispitos Green Beans       Ravioil French Fries Galifornia Blend       H. French Fries California Blend         Deli Bar Endless Salad Bar Assorted Fresh Fruits       Deli Bar Endless Salad Bar Assorted Fresh Fruits       Deli Bar Endless Salad Bar Assorted Fresh Fruits		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	uices
Chicken Fried Steak Mash Potatoes/Gravy Com Hot Rolls Taco Bar  Salad & Deli & Fruit Bar Salad & Deli & Fruit Bar Assorted Cookles Brownies  DINNER DINNER Crispitos Cheesy Potatoes Green Beans Green Beans Green Beans Deli Bar Endless Salad Bar Endless Salad Bar Endless Salad Bar Assorted Fresh Fruits  Chicken Sandwich French Fries California Blend Endless Salad Bar Assorted Fresh Fruits Assorted Fresh Fruits Assorted Fresh Fruits Assorted Fresh Fruits	BRUNCH	LUNCH	LUNCH	LUNCH		LUNCH
Salad & Deli & Fruit Bar  Salad & Deli & Fruit Bar  Assorted Cookies  Brownies  DINNER  Crispitos Cheesy Potatoes Green Beans  Crispitos Cheesy Potatoes Green Beans  California Blend  Endless Salad Bar Endless Salad Bar Assorted Fresh Fruits  Deli Bar Endless Salad Bar Assorted Fresh Fruits  Assorted Fresh Fruits  Assorted Fresh Fruits		Chicken Fried Steak Mash Potatoes/Gravy Corn	Chicken Sandwich French Fries Broccoli	Spaghetti/Meat Sauce Garlic Sticks	Chick Ta	Chicken Tenders Tater Tots Cauliflower
Salad & Deli & Fruit Bar  Assorted Cookles  Brownies  DINNER  Crispitos  Crispitos  Cheesy Potatoes  Green Beans  Cheesy Potatoes  California Blend  Carr  Taco Bar  Taco Bar  Taco Bar  Deli Bar  Endless Salad Bar  Assorted Fresh Fruits  Assorted Fresh Fruits		Taco Bar	Тасо Ваг	Taco Bar		Taco Bar
Assorted Cookies  Brownies  French Fries Carrots Carrots Carrots Carrots Carrots Carrots Endless Salad Bar Endless Salad Bar Endless Salad Bar Assorted Fresh Fruits Assorted Fresh Fruits		Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad & Deli & Fruit Bar	Salad	Salad & Deli & Fruit Bar
DINNER DINNER DINNER  Crispitos Cheesy Potatoes Green Beans  Taco Bar  Deli Bar Endless Salad Bar Assorted Fresh Fruits  Brownies Brownies  Ravioli French Fries California Blend California Blend Endless Salad Bar Endless Salad Bar Assorted Fresh Fruits  Brownies  Ravioli French Fries California Blend Endless Salad Bar Endless Salad Bar Assorted Fresh Fruits		Assorted Cookies	Assorted Cookies	Assorted Cookies	As	Assorted Cookies
DINNER  Crispitos  Cheesy Potatoes Green Beans  Taco Bar  Deli Bar Endless Salad Bar Assorted Fresh Fruits  DINNER  Ravioli French Fries Callifornia Blend Callifornia Blend French Fries Fries French Fries Fr		Brownies	Brownies	Brownies		Brownies
es  Taco Bar  Deli Bar Endless Salad Bar Assorted Fresh Fruits  California Blend  Taco Bar  Taco Bar  Assorted Fresh Fruits  Assorted Fresh Fruits	4	Crispitos Cheesy Potatoes	Ti.	Frie		DINNER
Deli Bar Endless Salad Bar Assorted Fresh Fruits	Chicken Nuggets Chips Cookies	Cheesy Potatoes Green Beans Taco Bar	French Fries California Blend Taco Bar	French Fries Carrots Taco Bar		
		Taco Bar Deli Bar Endless Salad Bar Assorted Fresh Fruits	Taco Bar  Deli Bar Endless Salad Bar Assorted Fresh Fruits	Taco Bar  Deli Bar Endless Salad Bar Assorted Fresh Fruits		

## **UPWARD BOUND WEEK FOUR**

Menu Subject To Change Due to Availability

		Hamburgers Chips Cookies	Entree	DINNER					BRUNCH		NO MEAL SERVED	BREAKFAST	SUNDAY 6/16/2024
	Dell Bar Endless Salad Bar Fruit Bar Desserts	Taco Bar	Mac & Cheese/Ham Broccoli	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Pizza Green Beans	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk /Cereal Yogurt Bar Boiles Eggs Biscuits and Gravy	BREAKFAST	MONDAY 6/17/2024
Operate	Dell Bar Endless Salad Bar Fruit Bar Desserts		Etiquette Night	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Chicken Nuggets Tater Tots Carrots	LUNCH	Fruit Bar Waffle BAR Assorted Fruit Juices	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	BREAKFAST	TUESDAY 6/18/2024
Operated By Great Western Dining Service. Inc.	Del Bar Endless Salad Bar Fruit Bar Desserts	Taco Bar	Corn Dogs Ranch Tots <i>Carrots</i>	DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Fried Chicken Mash/Potatoes/Gravy Com	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Yogurt Bar Boiled Eggs Biscuits & Gravy	BREAKFAST	WEDNESDAY 6/19/2024
vice. Inc.	Deli Bar Endless Salad Bar Fruit Bar Desserts			DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Tater Tot Casserole Green Beans Hot Roll	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices	Milk/Cereal Scrambled Eggs Yogurt Bar Biscuits and Gravy Sausage	BREAKFAST	THURSDAY 6/20/2024
				DINNER	Assorted Cookies	Salad & Deli & Fruit Bar	Taco Bar	Hamburgers French Fries Baked Beans	LUNCH	Fruit Bar Waffle Bar Assorted Fruit Juices <i>Pastry</i>	Bacon Scramble Eggs Tator tots Biscuits and Gravy	BREAKFAST	FRIDAY 6/21/2024
				DINNER					BRUND		NO MERVE	BRE 120	SATURO

### **UPWARD BOUND WEEK FIVE**

Menu Subject To Change Due to Availability

		Menu	Menu Subject To Change Due to Availability	lability		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAUTAS
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BRE 29/2024
	Milk/Cereal Yogurt Bar Rolled Foos	Milk/Cereal Scrambled Eggs Yourt Bar		Milk Cereal Scrambled Eggs	Bacon Scramble Eggs Tator fots	EAKFAST
NO MEAL SERVED	Biscuits and Gravy	Biscuits and Gravy Sausage	Gravy	Biscuits and Gravy	Biscuits and Gravy	NO MEAL SERVED
	Fruit Bar	Fruit Bar	Fruit Bar	Fruit Bar	Fruit Bar	
	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Assorted Fruit Juices	Wanie Bar Assorted Fruit Juices	
BRUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	BRUNG
	Chicken Fried Steak Mash Potatoes/Gravy Com Hot Ralls	Chicken Sandwich French Fries Broccoli	Spaghetti/Meat Sauce Garlic Sticks Com	Chicken Tenders  Tater Tots  Cauliflower	Hamburgers French Fries Baked Beans	
	Taco Bar	Taco Bar	Taco Bar	Taco Bar		
	Salad & Deli & Fruit Bar	Salad & Dell & 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	DINNI
Chicken Nuggets Chips <b>Cookies</b>	Crispitos Cheesy Potatoes Green Beans	<i>Ravioli</i> French Fries California Blend	Hamburgers French Fries Carrots			
	Taco Bar	Taco Bar	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			