



At Southern Prep, we provide 2–3 nutritious hot meals daily to support our students' academic and athletic performance. Weekdays include breakfast, lunch, and dinner, while weekends feature brunch and dinner. Lunch and dinner also offer a self-serve salad and sandwich bar, along with a soup of the day. *Menus are subject to change.*

Wednesday 8/6	Thursday 8/7	Friday 8/8	Saturday 8/9
	Breakfast: Pancakes, Sausage, Eggs To Order	Breakfast: Chicken Biscuit, Yogurt Bar	Brunch: French Toast, Sausage, Grape Salad, Omelets, Chicken Tenders
Lunch: Hamburgers, Fries	Lunch: Barbeque Chicken, Green Beans, Roasted Potatoes	Lunch: Sweet And Sour Pork, Jasmine Rice, Japanese Style Stirfry Vegetables	
Dinner: Spaghetti And Meat Balls, Garlic Bread, Sauteed Summer Squash	Dinner: Meatloaf, Mashed Red Potatoes, Cream Corn	Dinner: Bbq Pulled Pork, Potato Salad, Corn On The Cobb	Dinner: Fried Pork Chop, Broccoli, Macaroni And Cheese

Sunday 8/10	Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15	Saturday 8/16
Brunch: Cinnamon Roll, Fried Eggs, Bacon Lettuce And Tomato, and Yogurt Bar	Breakfast: Pancakes, Bacon, Scrambled Eggs, Yogurt Bar	Breakfast: Sausage Gravy, Biscuits, Grape Salad, Fried Eggs	Breakfast: Hash Browns, Eggs To Order, Bacon	Breakfast: Breakfast Casserole, Yogurt Bar	Breakfast: Bacon, Scrambled Eggs, Oatmeal Bar, Yogurt Bar, Fresh Fruit	Brunch: Cereal, Corn Dog or Chicken Salad, Hash Browns, Fresh Fruit, Yogurt
	Lunch: Philly Cheese Steak, Soup, French Fries	Lunch: Nachos, Mexican Corn Soup, Avacado, Pinto Beans	Lunch: Bacon Cheese Burgers, French Fries	Lunch: Fettuccini Alfredo, Artichoke Dip, Brussels Sprouts, Garlic Knots	Lunch: Beef Stroganoff, Egg Noodles, Corn On The Cobb, Broccoli	
Dinner: Welcome Back Luau Cook Out	Dinner: Lasagna, Bread Sticks, Brussels Sprouts	Dinner: Fried Chicken, Collard Greens, Roasted Red Potato	Dinner: Salisbury Steak, Mashed Potato, Green Beans, Corn	Dinner: Chicken Cordon Bleu, Baked Sweet Potato, Dinner Roll, Cream Corn	Dinner: Roast Beef, Potatoes, Carrots, Dinner Roll	Dinner: Oven Roasted Turkey Breast, Baked Sweet Potato, Peas, Sweet Corn, Dinner roll

Sunday 8/17	Monday 8/18	Tuesday 8/19	Wednesday 8/20	Thursday 8/21	Friday 8/22	Saturday 8/23
Brunch: Pancakes, Cereal Bar, Fresh Fruit, Scrambled Eggs, Ham And Cheese Bagel	Breakfast: Chicken Biscuit Or Ham And Cheese Biscuit, Yogurt Bar, Fresh Fruit	Breakfast: Chorizo And Egg Breakfast Burritos	Breakfast: Cinnamon Roll, Sausage, Scrambled Eggs, Fresh Fruit	Breakfast: Cereal, Oatmeal, Yogurt Bar, Grape Salad	Breakfast: Breakfast Casserole, Yogurt Bar, Cereal	Brunch: Pizza, Fresh Fruit, Cereal, Yogurt
	Lunch: Burgers, Fries, Cold Cuts, Fresh Fruit, Soup Of The Day	Lunch: Cilantro Lime Chicken, Chips And Fresh Salsa, Rice, Black Beans	Lunch: Wings, Fries, Pinto Beans Cold Cut Bar, Crawfish Etoufe	Lunch: Pork Adobo, Rice, Fried Green Beans, Fresh Fruit	Lunch: Charger Chasin Cajun Penne Pasta, Endzone Collard Greens, Give Cornerstone A Black Eye Peas	
Dinner: Chicken And Rice Casserole, Broccoli Florets, Roasted Baby Carrots	Dinner: Spaghetti And Meat Balls, Garlic Bread, Saute Vegetables	Dinner: Pork Tenderloin, Baked Sweet Potato, Roasted Summer Squash, Dinner Roll	Dinner: Lemon Pepper Grilled Salmon, Asparagus, Roasted Red Potatoes	Dinner: Baked Chicken, Mashed Potatoes, Cream Corn, Green Beans	Dinner: Cold Cut Sandwich, Chips, Fruit Cup To Go In Dining Hall To Be Picked Up At 4:30 (Tailgate Party) Team Dinner*	Dinner: Roast Beef, Red Potato, Carrots, Onion, Gravy, Dinner Roll

Sunday 8/24	Monday 8/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29	Saturday 8/30
Brunch: Blt, Chicken Fingers, Tater Tot, Fresh Fruit	Breakfast: Ham, Eggs Over Medium, Cheese Grits, Yogurt Bar	Breakfast: Biscuits And Gravy, Hashbrowns, Sausage Patty, Fresh Fruit	Breakfast: Hash Browns, Eggs To Order, Bacon	Breakfast: Pancakes, Bacon, Scrambled Eggs, Yogurt Bar	Brunch: French Toast, Sausage, Grape Salad, Omelets, Chicken Tenders, Side Salad	Brunch: Chicken Sandwich, Bacon, Cereal, Home fries
	Lunch: Chicken Cordon Bleu, Roasted Potato, Brussell Sprouts	Lunch: Burritos, Mexican Rice, Pinto Beans, Mexican Corn Soup	Lunch: Bacon Cheese Burgers, French Fries	Lunch: Barbeque Chicken, Green Beans, Roasted Potatoes, Chicken Salad	Lunch: Steak, Baked Potato, Green Beans, Dinner Roll	
Dinner: Bbq Pulled Pork, Macaroni And Cheese, Baked Sweet Potato, Collard Greens	Dinner: Sweet And Sour Pork, White Rice, Sauteed Summer Squash	Dinner: Fried Chicken, Macaroni And Cheese, Green Beans With Baby Red Potato, Honey Biscuit	Dinner: Meatloaf, Mashed Red Potatoes, Cream Corn	Dinner: Beef Stroganoff, Savory Egg Noodles, Broccoli, Cream Corn	Dinner: Spaghetti And Meat Balls, Corn, Garlic Bread	Dinner: Pork Tenderloin, Corn On The Cobb, Greens, Dinner Roll

Sunday 8/31
Brunch: Biscuits And Gravy, Eggs, Cheese Grits, Hashbrowns
Dinner: Salisbury Steaks, Mashed Potato, Gravy, Cream Corn, Green Beans