



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.*

Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6
Brunch: Sausage, biscuits, pancakes, fresh fruit salad, chicken tenders	Breakfast: Breakfast casserole, yogurt bar	Breakfast: Scrambled eggs, hashbrowns, sausage, cheese grits	Breakfast: Chicken biscuit, home fries, yogurt Bar, fresh fruit	Breakfast: Cheesy breakfast casserole, fresh melon, blueberry bagels	Brunch: Breakfast casserole, chicken sandwich, fruit salad, yogurt bar
	Lunch: Fajitas, black beans, spanish rice, guacamole and chips	Lunch: Burgers, fries, fruit salad	Lunch: Fettuccini alfredo, bosco sticks, asparagus, spinach artichoke dip	Lunch: Fired Up Fighting Ranger Chicken Curry, Stick to the Plan sticky rice, Japanese sauteed vegetables, lion kabobs	
Dinner: Jambalaya, Conecuh sausage, corn on the cob, summer squash	Dinner: Chicken pot pie, cream corn, broccoli, dinner roll	Dinner: Loaded barbeque pork potato, collard greens, baked beans	Dinner: New Water Farms persimmon smothered pork tenderloin, corn on the cob, roasted red potato, green beans	Dinner: Loaded pizza, side salad, fresh fruit, dine in or to go @ 4:30	Dinner: Pork chops, baked potato, cream corn

Sunday 9/7	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12	Saturday 9/13
Brunch: BLT, quiche, fruit salad, yogurt	Breakfast: French toast, bacon, eggs, yogurt	Breakfast: Ham, scrambled eggs, cheese grits	Breakfast: Sausage biscuit or chicken biscuit, oatmeal, yogurt	Breakfast: Breakfast casserole, yogurt	Breakfast: Cheesy breakfast casserole, fresh melon, blueberry bagels	Brunch: French toast, sausage, grape salad, omelets, chicken tenders, side salad
	Lunch: Chicken tender basket, onion rings, coleslaw	Lunch: Shrimp and grits, corn dog, collard greens, crawfish etouffee, bread pudding	Lunch: Wings, fries, fruit salad	Lunch: Chicken teriyaki, jasmine rice, vegetables	Lunch: Spaghetti and meat balls, garlic bread, sauteed summer squash	
Dinner: Country fried steak, mashed potato, green beans	Dinner: Chicken pot pie, peas, yeast rolls	Dinner: Swedish meatballs, fried rice, peas, carrots	Dinner: Pasta bake, garlic bread, broccoli	Dinner: Baked fish, asparagus, red potatoes	Dinner: Chicken Cordon Bleu, baked sweet potato, dinner roll, cream corn	Dinner: Jambalaya, Conecuh sausage, corn on the cob, summer squash

Sunday 9/14	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20
Breakfast: Hashbrowns, eggs to order, bacon	Breakfast: Ham, scrambled eggs, cheese grits	Breakfast: Chorizo and egg breakfast burritos	Breakfast: Scrambled eggs, hashbrowns, sausage, cheese grits	Breakfast: Scrambled eggs, hashbrowns, sausage, cheese grits	Breakfast: Hashbrowns, eggs to order, bacon	Brunch: Sausage, Biscuits, Pancakes. Fresh fruit salad, Chicken Tenders
	Dinner: fried chicken, collard greens, roasted red potato	Lunch: Nachos, Mexican corn soup, avocado, pinto beans	Lunch: Salisbury Steak, mashed potato, green beans, corn	Lunch: Fettuccini Alfredo, Artichoke Dip, Brussels Sprouts, garlic Knotts	Lunch: Sweet and Sour pork, Jasmine Rice, Japanese Style Stirfry vegetables	
Dinner: New Water Farms Persimmon smothered pork tenderloin, corn on the cob, roasted red potato, green beans	Dinner: Chicken pot pie, cream corn, broccoli, Dinner roll	Dinner: Loaded Barbeque Pork Potato, Collard Greens, Baked Beans	Dinner: Beef stroganoff, savory egg noodles, broccoli, cream corn	Lunch: Wings, fries, fruit salad	Dinner: Swedish meatballs, fried rice, peas, carrots	Lunch: Fettuccini and marinara, Brussell sprouts, garlic knots

Sunday 9/21	Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26	Saturday 9/27
Brunch: French toast, sausage, grape Salad, omelets, chicken tenders, side salad	Breakfast: Sausage biscuit or chicken biscuit, oatmeal, yogurt	Breakfast: Waffles, eggs to order, cereal, yogurt	Breakfast: Hashbrowns, eggs to order, bacon	Breakfast: ham, scrambled eggs, cheese grits	Breakfast: Chorizo and egg breakfast burritos	Breakfast: Sausage biscuit or chicken sandwich, oatmeal, yogurt, fresh fruit
	Lunch: Chicken marsala, peas, fettuccini, roasted carrots	Lunch: Fajitas, black Beans, spanish rice, guacamole and chips	Lunch: burgers, onion rings, potato salad, baked beans	Lunch: Shrimp and grits, corn dog, collard greens, crawfish etouffee, bread pudding	Lunch: Spaghetti and meat balls, garlic bread, sauteed summer squash	
Lunch: Salisbury Steak, mashed potato, green beans, corn	Dinner: Chicken Cordon Bleu, baked sweet potato, dinner roll, cream corn	Dinner: pork chops, baked potato, cream corn	Lunch: Fettuccini Alfredo, Artichoke Dip, Brussels Sprouts, garlic Knotts	Dinner: Fried chicken, collard greens, roasted red potato	Dinner: Pasta bake, garlic bread, broccoli	Dinner: Chicken Cordon Bleu, baked sweet potato, dinner roll, cream corn

Sunday 9/28	Monday 9/29	Tuesday 9/30
Brunch: Cereal, corn dog or chicken salad croissant, hashbrowns, fresh fruit, yogurt	Breakfast: Waffles, eggs to order, cereal, yogurt	Breakfast: Hashbrowns, eggs to Order, bacon
	Lunch: Sweet and sour pork, jasmine rice, Japanese-style stirfry vegetables	Lunch: Nachos, Mexican corn soup, avocado, pinto beans
Dinner: Fried chicken, collard greens, roasted red potato	Dinner: Swedish meatballs, fried rice, peas, carrots	Dinner: Salisbury steak, mashed potato, green beans, corn