



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.*

Saturday 11/1
Brunch: French toast, sausage, grape salad, omelets, chicken tenders, side salad
Dinner: BBQ pulled pork, potato salad, corn on the cob

Sunday 11/2	Monday 11/3	Tuesday 11/4	Wednesday 11/5	Thursday 11/6	Friday 11/7	Saturday 11/8
Brunch: fried eggs, bacon, lettuce and tomato, cinnamon roll and yogurt bar	Breakfast: ham, scrambled eggs, oatmeal	Breakfast: chorizo and egg breakfast burritos	Breakfast: breakfast pizza, yogurt	Breakfast: bacon, oatmeal bar, yogurt bar, fresh fruit, scrambled eggs	Breakfast: chicken biscuit or ham and cheese biscuit, yogurt bar, fresh fruit	Brunch: pancakes, cereal bar, fresh fruit, scrambled eggs, ham and cheese bagel
	Lunch: Philly cheesesteak, french fries	Lunch: nachos, Mexican corn soup, avocado, pinto beans	Lunch: wings, fries, Brunswick stew	Lunch: curry, jasmine rice, sauteed vegetables	Lunch: baked fish, mac and cheese, baked beans	
Dinner: chilli bar, cornchips or cornbread	Dinner: pasta bake, garlic bread, broccoli	Dinner: gumbo, fried clamstrips, white rice	Dinner: lemon pepper grilled salmon, asparagus, roasted red potatoes	Dinner: spaghetti and meatballs, garlic bread, sauteed vegetables	Dinner: meatloaf, mac and cheese, mixed vegetables	Dinner: potato soup, cornbread

Sunday 11/9	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14	Saturday 11/15
Brunch: breakfast casserole, chicken sandwich, fruit salad, yogurt bar	Brunch: fried eggs, bacon, lettuce, and tomato, cinnamon roll and yogurt bar	Breakfast: breakfast casserole, yogurt	Breakfast: hashbrowns, eggs to order, bacon	Breakfast: chorizo and egg breakfast burritos	Breakfast: bacon, oatmeal bar, yogurt bar, fresh fruit, scrambled eggs	Brunch: cereal, corn dog or chicken salad croissant, hashbrowns, fresh fruit, yogurt
	Lunch: lasagna, side salad, breadsticks, brussell sprouts	Lunch: fajitas, black beans, spanish rice, guacamole and chips	Dinner: fried pork chop, broccoli, mac and cheese, side salad	Lunch: Brazilian stroganoff, rice, corn on the cob, broccoli	Lunch: pork adobo, rice, lumpia	
Dinner: Jambalaya, Conecuh sausage, corn on the cob, summer squash	Dinner: Swedish meatballs, fried rice, peas, carrots	Dinner: chicken and rice casserole, broccoli florets, roasted baby carrots, salad bar	Dinner: baked chicken, fried cabbage, mashed potatoes	Dinner: chicken pot pie, peas, yeast rolls	Dinner: pasta bake, garlic bread, broccoli	Dinner: taco soup, Fritos and fixins'

Sunday 11/16	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21	Saturday 11/22
Brunch: French toast, sausage, grape salad, omelets, chicken tenders, side salad	Breakfast: chicken biscuit or ham and cheese biscuit, yogurt bar, fresh fruit	Breakfast: ham, scrambled eggs, oatmeal	Breakfast: breakfast pizza, yogurt	Breakfast: bacon, oatmeal Bar, yogurt bar, fresh fruit, scrambled eggs	Breakfast: breakfast casserole, yogurt	Breakfast for plane riders
	Lunch: Philly cheesesteak, soup, french fries, side salad	Lunch: tacos al pastor, rice, pinto beans	Lunch: teriyaki, jasmine rice, oriental vegetables	Lunch: grilled cheese, tomato soup	Dinner: ham or turkey, mashed potatoes and gravy, green beans	
Lunch: fettuccini and marinara, brussels sprouts, garlic knots	Dinner: pork tenderloin, baked sweet potato, roasted summer squash, dinner roll	Dinner: fried chicken, collard greens, roasted red potato	Dinner: chilli bowl or loaded baked potato	Dinner: Guatemalan pepian, tortillas	Dinner: BBQ pulled pork, mac and cheese, baked sweet potato, collard greens	