



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 10/1	Thursday 10/2	Friday 10/3	Saturday 10/4
Brunch: Fried eggs, bacon, lettuce, and tomato, cinnamon roll, yogurt bar	Breakfast: Breakfast Casserole, Yogurt Bar	Breakfast: Bacon, Oatmeal Bar, Yogurt Bar, Fresh fruit, scrambled eggs	Brunch: Cereal, Corn Dog, Chicken salad croissant, Hash Browns, Fresh fruit, Yogurt
Lunch: Wings, fries, pinto beans, chicken salad	Lunch: Pork Adobo, Rice, Fried Green Beans, Fresh Fruit	Lunch: Burgers, sausage dogs, fries	
Dinner: Baked Chicken, Mashed Potatoes, Cream Corn, Green Beans	Lunch: Meatloaf, Potatoes, peas and carrots	Dinner: Lasagna, Side salad, Bread sticks, Brussels sprouts	Dinner: Lemon Pepper Grilled Salmon, asparagus, Roasted Red Potatoes

Sunday 10/5	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10	Saturday 10/11
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: sausage, Scrambled Eggs, Fresh Fruit, Cinnamon Roll	Breakfast: Cereal, Oatmeal, Yogurt Bar, Grape Salad	Breakfast: Breakfast Casserole, yogurt bar, cereal	Brunch: Pizza, salad, fresh fruit, cereal, yogurt
	Lunch: Philly Cheese Steak, Soup, French Fries, Side Salad	Lunch: Nachos, Mexican Corn Soup, avocado, Pinto beans	Lunch: Pizza, soup, salad, sandwiches	Lunch: Fettuccini Alfredo, Artichoke Dip, Brussell Sprouts, garlic knots	Lunch: Italian Beef, chips and dip, broccoli salad	
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	Dinner: Pork Tenderloin, Baked Sweet Potato, Roasted Summer Squash, Dinner Roll	Dinner: Swedish Meatballs, Rice, Peas, Carrots	Lunch: Fettuccini and Marinara, Brussell Sprouts, garlic knots

Sunday 10/12	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17	Saturday 10/18
Brunch: BLT, Quiche, Fruit Salad, Yogurt	Breakfast: French toast, Bacon, eggs, yogurt	Breakfast: Ham, Scrambled eggs, Oatmeal	Breakfast: Sausage Biscuit or Chicken Biscuit, Cream of wheat, 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: Sweet and Sour pork, Jasmine Rice, Japanese Style Stirfry vegetables	Lunch: Cilantro Lime Chicken, Chips and Fresh Salsa, Rice, Black Beans	Lunch: Wings, Fries, Pinto beans, Crawfish etouffee	Lunch: Meatloaf, mashed potato, corn on the cob, green beans	Lunch: Penne Pasta, Collard Greens, Black eye Peas	
Dinner: Fried or Baked Catfish, Hushpuppy, coleslaw, baked beans	Dinner: Lasagna, Side salad, 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 10/19	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24	Saturday 10/25
Brunch: Fried Eggs, Bacon lettuce and tomato, Cinnamon Roll and Yogurt Bar	Breakfast: Bacon, Scrambled eggs, Pancakes, Yogurt Bar	Breakfast: Sausage Gravy, Biscuits, Grape Salad, Fried eggs	Breakfast: Hash Browns, Eggs to Order, Bacon	Breakfast: Breakfast Casserole, Yogurt Bar	Breakfast: Bacon, Oatmeal Bar, Yogurt Bar, Fresh fruit, scrambled eggs	Brunch: Cereal, Corn Dog or Chicken salad croissant, Hash Browns, Fresh fruit, Yogurt
	Lunch: Chicken Tender Basket, Onion Rings, Coleslaw	Lunch: Shrimp and Grits or Sausage Dog, Collard Greens, Crawfish Etouffee, bread pudding	Lunch: Famous Chicken Sandwich (Fried or Grilled), Fries, Fruit Salad	Lunch: pork Terriyaki, Jasmine Rice, Oriental Vegetables	Lunch: Spaghetti and meat balls, garlic bread, sauteed summer squash	
Dinner: Chicken and Rice Casserole, Broccoli Florets, Roasted Baby Carrots, Salad Bar	Dinner: Spaghetti and Meat Balls, Garlic Bread, Sauteed 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 Team Dinner*	Dinner: Roast Beef, Red Potato, Carrots, onion, Gravy, side salad, dinner roll

Sunday 10/26	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
Brunch: Fried Eggs, bacon, lettuce, and tomato, Cinnamon Roll and Yogurt Bar	Breakfast: Bacon, Scrambled eggs, Pancakes, Yogurt Bar	Breakfast: Sausage Gravy, Biscuits, Grape Salad, Fried eggs	Breakfast: Hash Browns, Eggs to Order, Bacon	Breakfast: Breakfast Casserole, Yogurt Bar	Breakfast: Bacon, Oatmeal Bar, Yogurt Bar, Fresh fruit, scrambled eggs
	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: Spaghetti and meat balls, garlic bread, sauteed summer squash	Lunch: Italian Beef, Chips and dip, potato salad
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