



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.

Sunday 1/4/26	Monday 1/5/26	Tuesday 1/6/26	Wednesday 1/7/26	Thursday 1/8/26	Friday 1/9/26	Saturday 1/10/26
	Breakfast: bacon egg and cheese croissant	Breakfast: omelets, yogurt bar, sausage links	Breakfast: breakfast casserole, oatmeal	Breakfast: bacon and eggs, cheese grits, toast	Breakfast: breakfast pizza	Brunch: BLT, scrambled eggs, yogurt bar, side salad
	Lunch: teriyaki chicken, sticky rice, stir fry vegetables	Lunch: walking tacos or taco salad, pinto beans, taco soup	Lunch: hot sub sandwich, chips and dip	Lunch: chicken parmesana, linguine, cheesy vegetable medley	Lunch: pork adobo, fried cabbage, rice, dumplings	
Dinner: Chicken tender sandwich, fries, salad	Dinner: spaghetti and meatballs, broccoli, garlic bread	Dinner: meatloaf, baked potato, cream corn, dinner roll	Dinner: baked chicken, macaroni and cheese, green bean casserole	Dinner: chicken enchilada soup, corn chips	Dinner: baked fish, peas, fried potatoes	Dinner: fried pork chops, corn on the cob, mashed potatoes and gravy

Sunday 1/11/26	Monday 1/12/26	Tuesday 1/13/26	Wednesday 1/14/26	Thursday 1/15/26	Friday 1/16/26	Saturday 1/17/26
Brunch: hashbrown breakfast casserole, chicken sandwich, yogurt	Breakfast: casserole, cinnamon rolls, yogurt	Breakfast: hasbrowns, eggs to order, sausage	Breakfast: BLT, scrambled eggs	Breakfast: chipped beef on toast, cheesy scrambled eggs	Breakfast: migas, yogurt	Brunch: chicken sandwich, tater tots, french toast, fried eggs
	Lunch: wings, fries, pinto beans, cold cut bar, crawfish etouffee	Lunch: fajita quesadillas, rice, beans	Lunch: steak, baked potato, roll, asparagus	Lunch: spaghetti and meatballs, garlic bread, sauteed summer squash	Lunch: sweet and sour chicken	
Dinner: chicken and rice, mixed vegetables, dinner roll	Dinner: shepherd's pie, broccoli, cream corn	Dinner: pasta bake, garlic bread, succotash	Dinner: beef stew, cornbread, apple fritters	Dinner: chicken and rice, broccoli	Dinner: swedish meatballs, rice, peas, carrots	Dinner: calzones, pasta salad, salad bar

Sunday 1/18/26	Monday 1/19/26	Tuesday 1/20/26	Wednesday 1/21/26	Thursday 1/22/26	Friday 1/23/26	Saturday 1/24/26
Brunch: quiche, sausage patty, hasbrowns, yogurt bar	Breakfast: cowboy breakfast bowl	Breakfast: biscuits and gravy, scrambled eggs, cheese grits	Breakfast: bacon, fried eggs, bagels with cream cheese, fresh fruit	Breakfast: breakfast casserole, yogurt bar, cream of wheat	Breakfast: BLT, yogurt bar, scrambled eggs	Brunch: fried potatoes, scrambled eggs, sausage, croissants
	Lunch: General Tso chicken, stir fry vegetables, rice	Lunch: street tacos, mexican street corn, pinto beans, spanish rice	Lunch: burgers and fries	Lunch: coq au vin, mashed potatoes, roasted carrots, french bread	Lunch: curry, white rice, stir fry	
Dinner: baked fish, macaroni and cheese, broccoli, salad bar	Dinner: pork chops, baked potato, corn on the cob	Dinner: French chicken, roasted potatoes, green beans	Dinner: salisbury steak, mashed potatoes, collard greens	Dinner: chicken cordon bleu, broccoli, corn	Dinner: pizza, salad bar	Dinner: wings, french fries, broccoli salad

Sunday 1/25/26	Monday 1/26/26	Tuesday 1/27/26	Wednesday 1/28/26	Thursday 1/29/26	Friday 1/30/26	Saturday 1/31/26
Brunch: bacon, egg and cheese biscuits, chicken tenders, home fries	Breakfast: pancakes, cheese grits, sausage links, fried eggs	Breakfast: chorizo and egg burritos	Breakfast: breakfast casserole, yogurt bar	Breakfast: chicken or bacon biscuit, fresh fruit	Breakfast: chipped beef on toast, scrambled eggs, home fries	Brunch: BLT, pancakes, hasbrowns
	Lunch: chicken tender basket, fries, Okra, macaroni and cheese	Lunch: chicken quesadilla, rice and beans	Lunch: McRib sandwich, french fries	Lunch: shrimp and grits, red beans and rice, greens	Lunch: pizza, salad bar	
Dinner: sliced pork tenderloin, mashed potatoes, fried cabbage	Dinner: fettuccine alfredo, garlic bread, brussel sprouts	Dinner: barbecue chicken, roasted potatoes, greens, cornbread	Dinner: meatloaf, mashed potatoes, green beans, corn on the cob	Dinner: chili bar	Dinner: pork tenderloin, macaroni and cheese, broccoli	Dinner: picadillo, tortillas, fried cabbage