



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 parmigiana, 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: hashbrowns, 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, hashbrowns, 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, hashbrowns
	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