



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 2/1/26	Monday 2/2/26	Tuesday 2/3/26	Wednesday 2/4/26	Thursday 2/5/26	Friday 2/6/26	Saturday 2/7/26
Brunch: hashbrown breakfast casserole, chicken sandwich, yogurt	Breakfast: casserole, cinnamon rolls, yogurt	Breakfast: bacon, scrambled eggs, pancakes, yogurt bar	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: Philly cheesesteak, french fries	Lunch: Baleada, Mexican corn soup, avocado, rice	Lunch: wings, fries, Brunswick stew	Lunch: Pad Kee Mao, jasmine rice, sauteed vegetables	Lunch: Baked or fried fish, macaroni and cheese, baked beans	
Dinner: shepherds pie, greens, corn	Dinner: jambalaya, conecuh sausage, corn on the cob, summer squash	Dinner: chicken pot pie, cream corn, broccoli, dinner roll	Dinner: loaded barbeque potato, collard greens, baked beans	Dinner: pork tenderloin, corn on the cob, roasted red potato, green beans	Dinner: lasagne, side salad, fresh fruit	Dinner: chicken fingers, fried potato, cream corn

Sunday 2/8/26	Monday 2/9/26	Tuesday 2/10/26	Wednesday 2/11/26	Thursday 2/12/26	Friday 2/13/26	Saturday 2/14/26
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: General Tso chicken, stir fry vegetables, rice	Lunch: street tacos, mexican street corn, pinto beans, spanish rice	Lunch: burgers, fries	Lunch: coq au vin, mashed potatoes, roasted carrots, french bread	Lunch: curry, white rice, stir fry	
Lunch: Salisbury steak, mashed potato, green beans, corn	Dinner: pork chops, baked sweet potato, dinner roll, cream corn	Dinner: French chicken, baked potato, cream corn	Lunch: fettuccini alfredo, artichoke dip, brussell sprouts, garlic knots	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 2/15/26	Monday 2/16/26	Tuesday 2/17/26	Wednesday 2/18/26	Thursday 2/19/26	Friday 2/20/26	Saturday 2/21/26
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: chicken fried steak, mashed potatoes and gravy, corn, green beans, rolls	Lunch: fajitas, black beans, spanish rice, guacamole and chips	Dinner: fried pork chop, broccoli, macaroni and cheese, side salad	Lunch: Brazilian stroganoff, rice, corn on the cob, broccoli	Lunch: Yakisoba, jasmine rice, oriental vegetables	
Dinner: BBQ pulled pork, macaroni and cheese, baked sweet potato, collard greens	Dinner: sweet and sour pork, white rice, sauteed summer squash	Dinner: fried chicken, macaroni and cheese, green beans with baby red potatoes, honey biscuit	Dinner: meatloaf, mashed red potatoes, cream corn, side salad	Dinner: lasagna, side salad, bread sticks, brussell sprouts	Dinner: spaghetti and meatballs, corn, garlic bread, salad bar	Dinner: pork tenderloin, corn on the cob, greens, dinner roll

Sunday 2/22/26	Monday 2/23/26	Tuesday 2/24/26	Wednesday 2/25/26	Thursday 2/26/26	Friday 2/27/26	Saturday 2/28/26
Brunch: fried eggs, bacon lettuce and tomato, cinnamon roll and yogurt bar	Breakfast: hashbrowns, eggs to order, sausage	Breakfast: sausage gravy, biscuits, grape salad, fried eggs	Breakfast: hashbrowns, eggs to order, bacon	Breakfast: breakfast casserole, yogurt bar	Breakfast: bacon, oatmeal bar, yogurt bar, fresh fruit, scrambled eggs	Brunch: fish sticks, macaroni and cheese, hashbrown casserole
	Lunch: burgers, fries, cold cuts, fresh fruit, soup of the day	Lunch: cilantro lime chicken, chips and fresh salsa, rice, black beans	Lunch: wings, fries, pinto beans, cold cut bar, crawfish etoufe	Lunch: chicken adobo, rice, fried green beans, fresh fruit	Lunch: cajun penne pasta, collard greens, black eye peas	
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