



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: shephards pie, greens, corn	Dinner: jambalaya, conecku sausage, corn on the cob, summer squash	Dinner: chicken pot pie, cream corn, broccoli, dinner roll	Dinner: loaded barbecue 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, Conecku sausage, corn on the cob, summer squash