



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 3/1/2026	Monday 3/2/2026	Tuesday 3/3/2026	Wednesday 3/4/2026	Thursday 3/5/2026	Friday 3/6/2026	Saturday 3/7/2026
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: fried chicken, collard greens, roasted red potato	Lunch: tamales, Mexican corn soup, avocado, pinto beans	Lunch: steak, mashed potato, green beans, corn	Lunch: fettuccini alfredo, artichoke dip, brussell sprouts, garlic knots	Lunch: sweet and sour pork, jasmine rice, Japanese style stirfry vegetables	
Dinner: chicken and rice casserole, broccoli florets, roasted baby carrots, salad bar	Dinner: spaghetti and meatballs, garlic bread, sauteed vegetables	Dinner: pork tenderloin, baked sweet potato, roasted summer squash, dinner roll	Dinner: meatloaf, mashed red potatoes, cream corn, side salad	Dinner: baked chicken, mashed potatoes, cream corn, green beans	Dinner: cold cut sandwich, chips, fruit cup	Dinner: roast beef, red potato, carrots, onion, gravy, side salad, dinner roll

Sunday 3/8/2026	Monday 3/9/2026	Tuesday 3/10/2026	Wednesday 3/11/2026	Thursday 3/12/2026	Friday 3/13/2026	Saturday 3/14/2026
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	Snacks for flyers
	Lunch: ribs, collard greens, potato salad, cornbread	Lunch: burritos, Mexican rice, pinto beans, Mexican corn soup	Lunch: bacon cheeseburgers, french fries, side salad	Lunch: barbeque chicken, green beans, roasted potatoes, chicken salad, pastrami	Lunch: soup and sandwich	
Dinner: chicken cordon bleu, mashed potatoes, vegetable medley	Dinner: chicken pot pie, peas, yeast rolls	Dinner: roast beef, red potato, carrots, onion, gravy, side salad, dinner roll	Dinner: lemon pepper grilled salmon, asparagus, roasted red potatoes	Dinner: Swedish meatballs, rice, peas, carrots	Dinner: pizza and salad	

Sunday 3/15/2026	Monday 3/16/2026	Tuesday 3/17/2026	Wednesday 3/18/2026	Thursday 3/19/2026	Friday 3/20/2026	Saturday 3/21/2026
CAMPUS CLOSED - SPRING BREAK						

Sunday 3/22/2026	Monday 3/23/2026	Tuesday 3/24/2026	Wednesday 3/25/2026	Thursday 3/26/2026	Friday 3/27/2026	Saturday 3/28/2026
	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:	Lunch:	Lunch:	Lunch:	Lunch:	
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: beef stroganoff, savory egg noodles, broccoli, cream corn	Dinner: spaghetti and meatballs, corn, garlic bread, salad bar	Dinner: pork tenderloin, corn on the cob, greens, dinner roll

Sunday 3/29/2026	Monday 3/30/2026	Tuesday 3/31/2026
Brunch: bacon, egg and cheese biscuits, chicken tenders, homefries	Breakfast: pancakes, cheese grits, sausage links, fried eggs	Breakfast: chorizo and egg burritos
	Lunch: Italian beef, chips and dip, potato salad	Lunch: fajitas, black beans, Spanish rice, guacamole and chips
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 bbq pork potato, collard greens, baked beans