



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.*

Wednesday 4/1/2026	Thursday 4/2/2026	Friday 4/3/2026	Saturday 4/4/2026
Breakfast: biscuits, sausage gravy, scrambled eggs, fruit	Breakfast: chipped beef on toast, cheesy scrambled eggs	Breakfast: bacon, oatmeal bar, yogurt bar, fresh fruit, scrambled eggs	Brunch: cereal, corn dog or chicken salad croissant, hashbrowns, fresh fruit, yogurt
Lunch: Philly cheesesteak, french fries	Lunch: oven roasted turkey breast, baked sweet potato, veggie, dinner roll	Lunch: wings, mac-n-cheese, veggies	
Dinner: loaded barbeque pork potato, veggie, baked beans	Dinner: spaghetti and meatballs, garlic bread, sauteed summer squash	Dinner: pizza, fries, salad	Dinner: baked chicken, mashed potatoes, cream corn, green beans

Sunday 4-5-2026	Monday 4-6-2026	Tuesday 4-7-2026	Wednesday 4-8-2026	Thursday 4-9-2026	Friday 4-10-2026	Saturday 4-11-2026
Brunch: BLT, chicken fingers, tater tots, side salad, fresh fruit	Breakfast: ham, eggs over medium, cheese grits, yogurt bar	Breakfast: biscuits and gravy, hashbrowns, sausage patty, fresh fruit	Breakfast: hashbrowns, eggs to order, bacon	Breakfast: bacon, scrambled eggs, pancakes, yogurt bar	Breakfast: French toast, sausage, grape salad, omelets	Brunch: chicken sandwich, bacon, cereal, home fries
	Lunch: teriyaki chicken, sticky rice, stir fry vegetables, dumplings	Lunch: walking tacos/ frito pie/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: fried or baked catfish, hushpuppies, coleslaw, baked beans	Dinner: lasagna, side salad, breadsticks, Brussels sprouts	Dinner: fried chicken, collard greens, roasted red potato	Dinner: salisbury steak, mashed potato, green beans, corn	Dinner: chicken cordon bleu, baked sweet potato, dinner roll, cream corn	Dinner: roast beef, potatoes, carrots, dinner roll	Dinner: oven roasted turkey breast, baked sweet potato, peas, sweet corn, dinner roll

Sunday 4-12-2026	Monday 4-13-2026	Tuesday 4-14-2026	Wednesday 4-15-2026	Thursday 4-16-2026	Friday 4-17-2026	Saturday 4-18-2026
Brunch: pancakes, cereal bar, fresh fruit, scrambled eggs, ham and cheese bagel	Breakfast: French toast, bacon, eggs, yogurt	Breakfast: hashbrowns, eggs to order, bacon	Breakfast: chicken biscuit, yogurt bar	Brunch: fried eggs, BLT, cinnamon roll and yogurt bar	Breakfast: chorizo and egg breakfast burritos	Brunch: french toast, sausage, grape salad, omelets, chicken tenders, side salad
	Lunch: New Water Farms blueberry jalapeno smothered pork tenderloin, corn on the cob, roasted red potato, green beans	Lunch: chicken pot pie, peas, yeast rolls	Lunch: Italian beef, chips and dip, broccoli salad	Lunch: cilantro lime chicken, chips and fresh salsa, rice, black beans	Lunch: ham or turkey, mashed potatoes and gravy, green beans	
Dinner: chicken tender sandwich, fries, salad	Dinner: Swedish meatballs, rice, peas, carrots	Dinner: roast beef, potatoes, carrots, dinner roll	Dinner: baked chicken, mashed potatoes, cream corn, green beans	Dinner: shepherd's pie, broccoli, cream corn	Dinner: tacos, Mexican rice, refried beans	Dinner: fried pork chops, corn on the cob, mashed potatoes and gravy

Sunday 4-19-2026	Monday 4-20-2026	Tuesday 4-21-2026	Wednesday 4-22-2026	Thursday 4-23-2026	Friday 4-24-2026	Saturday 4-25-2026
Brunch: sausage, biscuits, pancakes, fresh fruit salad, chicken tenders	Breakfast: hashbrowns, eggs to order, bacon	Breakfast: ham, scrambled eggs, oatmeal	Breakfast: casserole, cinnamon rolls, yogurt	Breakfast: BLT, scrambled eggs	Breakfast: cereal, oatmeal, yogurt bar, grape salad	Breakfast: chicken or sausage biscuit, fruit and yogurt bar, waffle bar, cereal bar
	Lunch: jambalaya, Conecuh sausage, corn on the cob, summer squash	Lunch: bacon cheeseburgers, French fries, side salad	Lunch: steak and baked potato, roll, asparagus	Dinner: meatloaf, mashed red potatoes, cream corn, side salad	Lunch: barbeque chicken, green beans, roasted potatoes	RANGERFEST! To go lunches provided or pick up a meal from a food truck.
Dinner: chicken enchilada soup, corn chips	Dinner: loaded barbeque pork potato, collard greens, baked beans	Dinner: wings, fries, fruit Salad	Dinner: Cajun chicken, red beans and rice, broccoli	Dinner: chicken fried steak, mashed potatoes and gravy, corn, green beans, rolls	Lunch: barbeque chicken, green beans, roasted potatoes, chicken salad, pastrami	Dinner: chicken and rice casserole, broccoli and cheese, roasted baby carrots

Sunday 4-26-2026	Monday 4-27-2026	Tuesday 4-28-2026	Wednesday 4-29-2026	Thursday 4-30-2026
Brunch: hashbrown breakfast casserole, chicken sandwich, yogurt	Breakfast: chorizo and egg breakfast burritos	Breakfast: ham, scrambled eggs, oatmeal	Breakfast: chicken biscuit, home fries, yogurt bar, fresh fruit	Breakfast: hashbrowns, eggs to order, bacon
	Lunch: famous chicken sandwich (fried or grilled), fries, fruit salad	Lunch: Philly cheesesteak, soup, French fries	Lunch: wings, fries, fruit salad	Dinner: pasta bake, garlic bread, broccoli
Dinner: fried or baked catfish, hushpuppies, coleslaw, baked beans	Dinner: salisbury steak, mashed potatoes, collard greens	Dinner: BBQ chicken, potato salad, baked beans, roll	Dinner: Italian beef, baked potatoes, sauteed mixed veggies, roll	Dinner: fried chicken, collard greens, roasted red potato