



Dining Hall Menu: October 21 – October 25, 2019

	BREAKFAST	LUNCH	DINNER
MONDAY	<p>Entrée: Home-style Scrambled Eggs, Southern Style Grits</p> <hr/> <p>Daily Offerings: Fresh Fruit Salad, Local Yogurts, Assorted Cold Cereals, Oatmeal, Whole Grain Bread, Local Milk, Orange Juice, Cranberry Juice, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Mary's Famous Mac and Cheese GF Entrée: Mary's Famous Mac and Cheese Vegetarian Entrée: Mary's Famous Mac and Cheese</p> <hr/> <p>Sides: Tomato and Cucumber Salad, Jasmine Rice, Local Yogurt, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Vegetable Fried Rice GF Entrée: Vegetable Fried Rice Vegetarian Entrée: Vegetable Fried Rice</p> <hr/> <p>Sides: Roasted Broccoli, Crispy Tofu Nuggets, Jasmine Rice, Local Yogurts, Assorted Fresh Whole Fruit, Full Salad Bar</p>
TUESDAY	<p>Entrée: Pumpkin Pancakes, Crispy Bacon</p> <hr/> <p>Daily Offerings: Fresh Fruit Salad, Local Yogurts, Assorted Cold Cereals, Oatmeal, Whole Grain Bread, Local Milk, Orange Juice, Cranberry Juice, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Make Your Own Tacos (Beef, Cheese, Lettuce, Salsa, Sour Cream) GF Entrée: Make Your Own Tacos Vegetarian Entrée: Make Your Own Tacos</p> <hr/> <p>Sides: Yucca Fries Jasmine Rice, Local Yogurt, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Pulled Pork GF Entrée: Pulled Pork Vegetarian Entrée: BBQ Pulled Jackfruit</p> <hr/> <p>Sides: Coleslaw, Mac and Cheese, Jasmine Rice, Local Yogurts, Assorted Fresh Whole Fruit, Full Salad Bar</p>
WEDNESDAY	<p>Entrée: Campfire Skillet Hash (Eggs, Cheese, Shredded Potato, Onions, Sausage)</p> <hr/> <p>Daily Offerings: Tropical Fruit Salad, Local Yogurts, Assorted Cold Cereals, Oatmeal, Whole Grain Bread, Local Milk, Orange Juice, Cranberry Juice, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Popcorn Chicken GF Entrée: Popcorn Chicken Vegetarian Entrée: "Chix" Nuggets</p> <hr/> <p>Sides: Mashed Potatoes, Sweet Corn, Jasmine Rice, Local Yogurt, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: American Chop Suey GF Entrée: American Chop Suey Vegetarian Entrée: American Chop Suey</p> <hr/> <p>Sides: Roasted Kale, Sliced Watermelon, Jasmine Rice, Local Yogurts, Assorted Fresh Whole Fruit, Full Salad Bar</p>
THURSDAY	<p>Entrée: Spinach Omelets, Chicken Bacon</p> <hr/> <p>Daily Offerings: Fresh Fruit Salad, Local Yogurts, Assorted Cold Cereals, Oatmeal, Whole Grain Bread, Local Milk, Orange Juice, Cranberry Juice, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Potato and Cheese Pierogis GF Entrée: Pierogi Bowl Vegetarian Entrée: Potato and Cheese Pierogis</p> <hr/> <p>Sides: Seared Kielbasa, Peas and Carrots, Jasmine Rice, Local Yogurt, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Homemade Pizza (Meat Lovers) GF Entrée: Homemade Pizza Vegetarian Entrée: Homemade Pizza</p> <hr/> <p>Sides: Roasted Brussel Sprouts, Caesar Salad, Jasmine Rice, Local Yogurts, Assorted Fresh Whole Fruit, Full Salad Bar</p>
FRIDAY	<p>Entrée: Ham and Cheddar Frittatas, Hash Browns</p> <hr/> <p>Daily Offerings: Fresh Fruit Salad, Local Yogurts, Assorted Cold Cereals, Oatmeal, Whole Grain Bread, Local Milk, Orange Juice, Cranberry Juice, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Penne with Roasted Red Pepper Sauce and Sweet Italian Sausage GF Entrée: Penne with Roasted Red Pepper Sauce and Sweet Italian Sausage Vegetarian Entrée: Penne with Roasted Red Pepper Sauce</p> <hr/> <p>Sides: Roasted winter Squash, Jasmine Rice, Local Yogurt, Assorted Fresh Whole Fruit, Full Salad Bar</p>	<p>Entrée: Chicken Enchiladas GF Entrée: Chicken Enchiladas Vegetarian Entrée: Black Bean Enchiladas</p> <hr/> <p>Sides: Chips and Salsa, Rice and Beans, Jasmine Rice, Local Yogurts, Assorted Fresh Whole Fruit, Full Salad Bar</p>

Also available at all meals: Local milk, whole grain bread, sun butter, assorted sliced meats and cheeses, and a salad bar which may include carrots, cucumbers, peppers, tomato, cottage cheese, beets, pickles, beans, tuna and egg salads, pasta salad, olives

Bement's dining hall uses fresh, local, and organic ingredients in season and whenever possible. Questions? Please ask! Menu is subject to change during the week due to availability of fresh ingredients.