


PSA Dining Menu

— February - 2023 —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Salad Bar ~ Mon-Fri (lunch and dinner)</p> <p>Hot Bar - Mon-Fri (lunch only)</p> <p>Menu is ALWAYS subject to change</p>	<p>Feb. 2 - Groundhog Day</p> <p>Feb. 14 - Valentines Day</p> <p>Feb. 20 - Presidents Day</p> <p>Feb. 22 - Ash Wednesday</p> <p>Feb. 26 - PSA PROM</p>		<p>1</p> <p>Breakfast - Waffles, sausage, homefries, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Baked Ziti, Ceaser Salad & breadsticks</p> <p>Dinner - Honey Mustard Chicken, rice pilaf & veg.</p>	<p>2</p> <p>Breakfast - French Toast sticks, scrambled eggs, bacon, hashbrowns, fresh fruit & yogurt</p> <p>Lunch - Sloppy Joe's, tater tots & broccoli</p> <p>Dinner - Smothered steak tips, rice & veg.</p>	<p>3</p> <p>Breakfast - croissants, corned beef hash, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch - Assorted pizzas, and sandwiches</p> <p>Dinner - Teriyaki meatballs over egg noodles, veg & dinner</p>	<p>4</p> <p>Brunch - Waffles, sausage, hashbrowns, fresh fruit & yogurt</p> <p>Dinner - Fried chicken, mashed potatoes & cornbread</p>
<p>5</p> <p>Brunch - French Toast sticks, homefries, bacon, eggs, fresh fruit & yogurt</p> <p>Dinner - Italian Sausage sandwiches & veg.</p>	<p>6</p> <p>Breakfast - Plain or Blueberry pancakes, sausage, hashbrowns, eggs, fresh fruit & yogurt</p> <p>Lunch - Roast beef or turkey wraps, chips or macaroni salad</p> <p>Dinner - Cheeseburger macaroni, veg. & roll</p>	<p>7</p> <p>Breakfast - French toast, homefries, bacon, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Assorted quesadillas, rice & beans</p> <p>Dinner - Cajun chicken, scalped potatoes & veg.</p>	<p>8</p> <p>Breakfast - Waffles, chorizo sausage, homefries, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Chicken parm, ceasar salad & garlic toast</p> <p>Dinner - Beef enchiladas with rice</p>	<p>9</p> <p>Breakfast - French toast, homefries, bacon, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Grilled cheese, tomato soup, sweet potato fries: Shepards Pie w/ garlic bread</p> <p>Dinner - Mac n Cheese Bar w/ protein and veg.</p>	<p>10</p> <p>Breakfast - Warm biscuits, sausage, hashbrowns, eggs, fresh fruit & yogurt</p> <p>Lunch - Assorted pizzas and sandwiches</p> <p>Dinner - Fried Cod, scalloped potatoes & veg.</p>	<p>11</p> <p>Brunch - Waffles, bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Dinner - American Chop Suey & bread.</p>
<p>12</p> <p>Brunch - French Toast sticks, sausage, homefries, eggs, fresh fruit & yogurt</p> <p>Dinner - BBQ Chicken, mashed potatoes & veg..</p>	<p>13</p> <p>Breakfast - Choc. Chip or plain pancakes, corned beef hash, , eggs, fresh fruit & yogurt</p> <p>Lunch - Chicken salad sandwich, chips, potato salad</p> <p>Dinner - Pasta w/ meat sauce & garlic bread</p>	<p>14</p> <p>Breakfast - French toast, bacon, hash browns, bacon, cheese omelettes, fresh fruit & yogurt</p> <p>Lunch - Chicken or Beef nachos</p> <p>Dinner - Chicken tenders & fries</p>	<p>15</p> <p>Breakfast - Waffles, sausage, homefries, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Baked Ziti, Ceaser Salad & breadsticks</p> <p>Dinner - Honey Mustard Chicken, rice pilaf & veg.</p>	<p>16</p> <p>Breakfast - Waffles, sausage, homefries, cheese frittata, fresh fruit & yogurt</p> <p>Lunch - Baked Ziti, Ceaser Salad & breadsticks</p> <p>Dinner - Honey Mustard Chicken, rice pilaf & veg.</p>	<p>17</p> <p>Breakfast - croissants, canadian bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch - Assorted pizzas, and sandwiches</p> <p>Dinner - Ground Beef or Cheese Lasagna, Veg & roll</p>	<p>18</p> <p>Brunch - Waffles, sausage, hashbrowns, eggs, fresh fruit & yogurt</p> <p>Dinner -Honey Mustard chicken wings, Mac n Cheese</p>
<p>19</p> <p>Brunch - French Toast sticks, bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Dinner - General Tsa's Chicken, Beef and Broccoli, over rice</p>	<p>20</p> <p>Breakfast - Pancakes, sausage, hashbrowns, eggs, fresh fruit & yogurt</p> <p>Lunch - Build you own turkey sandwich, potato chips</p> <p>Dinner - Chefs Choice</p>	<p>21</p> <p>Breakfast - French toast, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch - Gound beef or turkey tacs, empanadas, chips & salsa</p> <p>Dinner - Tuscan chicken, rice & veg.</p>	<p>22</p> <p>Breakfast - Waffles, kielbasa, hashbrowns, cheese frittatas, fresh fruit & yogurt</p> <p>Lunch - Penne Pasta w/ meatballs, ceasar salad & rolls</p> <p>Dinner - Chicken Stir-fry.</p>	<p>23</p> <p>Brunch - French Toast sticks, bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch - Pulled chicken or pork sandwiches, onion rings & coleslaw</p> <p>Dinner - Protein Bowls over rice</p>	<p>24</p> <p>Breakfast - croissants, sausage, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch - Assorted pizzas, and sandwiches</p> <p>Dinner - Chicken Cordon On Bleu, roasted potatoes & veg.</p>	<p>25</p> <p>Brunch - Waffles, bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Dinner - Baked Ziti, Veg & roll</p>
<p>26</p> <p>Brunch - French Toast sticks, sausage, hashbrowns, eggs, fresh fruit & yogurt</p> <p>Dinner - Sweet & Sour Chicken w/ rice</p>	<p>27</p> <p>Breakfast - Rainbow Pancakes, bacon, homefries, eggs, fresh fruit & yogurt</p> <p>Lunch -Buffalo chicken pita pockets, chips & pasta salad</p> <p>Dinner - Roast pork dinner, mashed potatoes & veg.</p>	<p>28</p> <p>Breakfast - French toast, bacon, hash browns, bacon, cheese omelettes, fresh fruit & yogurt</p> <p>Lunch - Chicken fajitas, rice & beans</p> <p>Dinner - Lemon Pepper Chicken, garlic boodles & veg.</p>				