

jambalaya

DRINKS



Iced Tea and Lemonade



OKLAHOMA



WALKING Breakfast

English Muffin (Gluten Free and Vegan Avail)

Bacon, Egg and Cheese Sausage, Egg and Cheese Egg and Cheese Only

Yogurt Parfait

Greek yogurt with granola with whole grain oats, and fresh strawberries and blueberries.



LUNCH

Jambalaya (Gluten Free and Vegan Avail)

A savory dish, consisting of meat (andouille suasage, chicken) and cooked with vegetables, stock, rice, and various seasonings. Served w/Cornbread

Pasta

Sphagetti w/Marinara

(Gluten Free and Vegan Avail)

Salad

Cesar or Garden

Desert

Chocolate Chip Cookies







CARNITAS

KOREAN BEEF

VEGAN

GRILLED PEPPERS

BLACK BEANS

RICE



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Valentine's Day WEDNESDAY



PROTIENS

White Pesto Spinach Lasagna Sausage and Cheese Baked Rigatoni Sphagetti with Meat Sauce or Marinara

SIDES

Sauteed Sqaush and Zuchini Mix Macaroni Salad

> SALAD Spinach Salad

> > **BREAD**

Garlic Bread



Pink Lemonade Tea

DESERT







BREAKFAST SANDWICH

BISQUITS

SAUSAGE EGG AND CHEESE

BACON EGG AND CHEESE

EGG AND CHEESE

BACON AND EGG

SAUSAGE AND EGG

BISQUITS AND GRAVY

HASHBROWNS

GRILLIN' MENU

PROTIENS

SMASHBURGER GRILLED CHICKEN GRILLED TILAPIA VEGGIE BURGER

SIDES

FRENCH FRIES
POTATOE SALAD
PASTA SALAD
GARDEN SALAD
GRILLED VEGGIES

HAPPY THURSDAY



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