

FLORIDA COLLEGE DINING HALL – FEBRUARY 2024

Breakfast

Sunday	Monday	Tuesday			Friday	Saturday
31 Continental	1 Scrambled Eggs Bacon French Toast Grits Oatmeal Breakfast Potatoes	2 Scrambled Eggs Omelet Scrambled Sausage Biscuits & Gravy Grits Oatmeal	3 Scrambled Eggs Hard Boiled Eggs Apple Pancakes Cheese Grits Hashbrown Turkey Bacon	4 Cheese Scrambled Eggs Biscuits and Gravy Oatmeal Grits Breakfast Potatoes Chicken Sausage	5 Scrambled Eggs Grits Oatmeal Tater Tots Hard Boiled Eggs	6 Closed
7 Continental	8 Cheese Scrambled Eggs Hard Boiled Eggs Bacon Grits Oatmeal Breakfast Potatoes	9 Scrambled Eggs Tater Tots Sausage Pancakes Grits Oatmeal	10 Scrambled Eggs Kielbasa Peppers & Onions Hashbrowns Cheese Grits Oatmeal French Toast	11 Scrambled Eggs Biscuits & Gravy Breakfast Potatoes Grits Oatmeal Bacon	12 Scrambled Eggs Hard Boiled Eggs Tater Tots Oatmeal Grits Sausage Patty	13 Closed
14 Continental	15 Cheese Scrambled Eggs Bacon Waffles Breakfast Potatoes Oatmeal Grits	16 Scrambled Eggs Tater Tots Sausage Tornados Grits Oatmeal	17 Scrambled Eggs Bacon Hashbrowns Breakfast Sandwiches Oatmeal Cheese Grits	18 Scrambled Eggs Biscuits & Gravy Breakfast Potatoes Link Sausage Oatmeal Grits	19 Scrambled Eggs Kielbasa Peppers & Onions Tater Tots French Toast Grits Oatmeal	20 Closed
21 Continental	22 Cheese Scrambled Eggs Bacon Breakfast Sandwiches Tater Tots Oatmeal Grits	23 Scrambled Eggs Breakfast Potatoes Sausage Pancakes Grits Oatmeal	24 Scrambled Eggs Bacon Biscuits & Gravy Bacon Oatmeal Cheese Grits	25 Cheese Omelets Waffles Breakfast Potatoes Link Sausage Oatmeal Grits	26 Scrambled Eggs Kielbasa Peppers & Onions Tater Tots French Toast Grits Oatmeal	27 Closed
28 Continental	29 Scrambled Eggs Bacon French Toast Grits Oatmeal Breakfast Potatoes	30 Scrambled Eggs Omelet Scrambled Sausage Biscuits & Gravy Grits Oatmeal	1 Scrambled Eggs Hard Boiled Eggs Apple Pancakes Cheese Grits Hashbrown Turkey Bacon	2 Cheese Scrambled Eggs Biscuits and Gravy Oatmeal Grits Breakfast Potatoes Chicken Sausage	3 Scrambled Eggs Grits Oatmeal Tater Tots Hard Boiled Eggs	4 Closed



= GLUTEN FREE



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Lunch

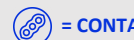
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Scrambled Eggs Bacon French Toast Fish & Chips Peas & Carrots Hush Puppies	1 Beef Pepper Steaks Veggie Lo Mein Egg Rolls Baked Mahi-Mahi Roasted Tomatoes Veggies Couscous Caesar Salad Bowl	2 Chicken Parmesan Cavatappi Pasta Green Beans Roasted Turkey Basmati Rice Pinto Beans/Tomatoes Smoothie Station	3 Country Fried Steak Mashed Potatoes Green Beans Baked Wings Tri-Colored Carrots Quinoa Blend Shrimp/Chicken Stir Fry	4 Meat Lasagna Broccoli Garlic Sticks Blackened Pangasius White Rice Roasted Asparagus Smoothie Station	5 Hot Dogs Chili/Cheese Onion Rings Baked Chicken Couscous Baked Sweet Potatoes Watermelon Salad	6 Cheese Scrambled Eggs Bacon Waffles Beef & Chicken Tacos Yellow Rice Beans Blend
7 Scrambled Eggs Tater Tots Sausage Orange Chicken House Fried Rice Pot Stickers	8 National Empanada Day Beef & Chicken Empanadas Refried Beans Yucca Fries Baked Chicken Brown Rice California Blend Beet Salad	9 Chicken Picatta Roasted Brussels w/ Bacon Rice Pilaf w/ Mirapoux Pasta Pomodoro Garlic Knots Roasted Zucchini, Squash, Carrots Tiramisu, Cannoli's, Milkshakes Special Pizza, Deli, and Salad Options	10 Fried Chicken Mashed Potatoes /Gravy Mixed Vegetables Lemon Dill Pangasius Roasted Brussels Sprouts Sautee Mushrooms/Onions Quesadilla Bar	11 Beef Stroganoff Cavatappi Pasta Seasoned Peas Baked Mahi Mahi Red & Black Quinoa Bahamas Blend Smoothie Station	12 Sloppy Joe Potato Wedges Seasoned Corn Rosemary Chicken Thighs Roasted Potatoes Broccolini Caesar Salad Bowl	13 Scrambled Eggs Kielbasa Peppers & Onions Tater Tots Fried Chicken Mashed Potatoes Corn
14 Scrambled Eggs Bacon Biscuits and Gravy Spaghetti Meatballs Green Beans Garlic Bread	15 Beef Stew White Rice Mixed Vegetables Baked Salmon Roasted Red Potatoes Asparagus Caprese Salad	16 Beef & Chicken Tacos Yellow Rice Beans Blend Baked Chicken Couscous Baked Sweet Potatoes Smoothie Station	17 Chicken Wings Potatoes Wedges Green Beans Brown Rice Roasted Roma Tomatoes Sautee Shrimp BBQ Bowl	18 Orange Chicken House Fried Rice Pot Stickers Mediterranean Tilapia Quinoa Blend Broccoli Smoothie Station	19 Fish & Chips Hush Puppies Roasted Vegetables Lemon/Rosemary Chicken Legs Brown Rice Tri-Colored Carrots Buffalo Chicken Lasagna Caesar Salad Bowl	20 Scrambled Eggs Bacon French Toast Beef Pepper Steak Veggie Lo Mein Pot Stickers
21 Cheese Scrambled Eggs Biscuits & Gravy Grits Baked Chicken Thighs Mashed Potatoes Green Bean Blend	22 Earth Day Lunch Fried Chicken Mashed Potatoes Corn Garlic Butter Baked Salmon Roasted Potatoes Asparagus Watermelon Salad	23 Jambalaya Corn Muffins Carrots Baked Chicken Bahamas Blend Veg Couscous Smoothie Station	24 Country Fried Steak Garlic Mashed Potatoes Green Beans Rosemary Pork Loin Broccoli Quinoa Blend Grilled Cheese Bar	25 Baked Chicken Thighs Mashed Potatoes Broccoli Blackened Pangasius Roasted Tomatoes Veggies Couscous Smoothie Station	26 Beef Thai Curry Basmati Rice Green Bean Medley Blackened Chicken Breast Broccolini Zucchini & Squash Pretzel Station	27 Beef Scrambled Eggs Breakfast Potatoes Bacon Beef Stew White Rice Mixed Vegetables
28 Scrambled Eggs Bacon French Toast Fish & Chips Peas & Carrots Hush Puppies	29 Beef Pepper Steaks Veggie Lo Mein Egg Rolls Baked Mahi-Mahi Roasted Tomatoes Veggies Couscous Caesar Salad Bowl	30 Chicken Parmesan Cavatappi Pasta Green Beans Roasted Turkey Basmati Rice Pinto Beans/Tomatoes Smoothie Station	1 Country Fried Steak Mashed Potatoes Green Beans Baked Wings Tri-Colored Carrots Quinoa Blend Shrimp/Chicken Stir Fry	2 Meat Lasagna Broccoli Garlic Sticks Blackened Pangasius White Rice Roasted Asparagus Smoothie Station	3 Hot Dogs Chili/Cheese Onion Rings Baked Chicken Couscous Baked Sweet Potatoes Watermelon Salad	4 Cheese Scrambled Eggs Bacon Waffles Beef & Chicken Tacos Yellow Rice Beans Blend



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Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Orange Chicken House Fried Rice Egg Rolls Fried Cod Steak Fries Hush Puppies	1 BBQ Pulled Pork Potato Wedges Green Beans Almondine Fried Catfish Corn On The Cob Fried Okra Smoothie Station	2 Spaghetti & Meatballs Broccolini Garlic Knots Roasted Chicken Candied Yams Roasted Brussels Sprouts Asian Chicken Salad	3 BBQ Ribs Baked Beans Mac & Cheese Almond Crust Sole Wild Rice Mixed Vegetables Smoothie Station	4 Grilled Flank Steak Baked Potatoes Creamed Collar Green Fried Pork Chop White Rice Gravy Green Beans Quinoa Salad	5 Fried Shrimp Hush Puppies Steak Fries BBQ Pulled Pork Broccoli Potato Wedges Smoothie Station	6 Burgers Buns Mixed Vegetables Chicken Tenders Waffle Fries Home Glazed Carrots
7 Baked Chicken Roasted Red Potatoes Mixed Vegetables BBQ Porkchops White Rice Cauliflower	8 Salisbury Steak White Rice Broccoli Chicken Cordon Bleu Roasted Sweet Potatoes Carrots Smoothie Station	9 Hot Dogs w/ Chili Cheese Sauce Waffle Fries Beef & Chicken Nachos Queso Refried Beans Pear Salad	10 Chicken Pot Pie Buttered Noodles Peas & Carrots Spaghetti Meat Sauce Garlic Breadsticks Smoothie Station	11 Penne Chicken Alfredo Garlic Knots Seasoned Carrots Country Fried Steak White Pepper Gravy White Rice Green Beans Cobb Salad	12 Orange Chicken House Fried Rice Egg Rolls Fried Cod Steak Fries Hush Puppies Smoothie Station	13 Fried Pork Chops Yellow Rice Green Beans Chicken Parmesan Penne Pasta Broccoli
14 BBQ Ribs Baked Beans Mac & Cheese Almond Crust Sole Wild Rice Mixed Vegetables	15 Penne Pasta Chicken Alfredo Sauce Garlic Bread Roasted Pork Loin Caribbean Rice Roasted Vegetables Smoothie Station	16 Honey Glazed Ham Scalloped Potatoes BBQ Chicken Mac & Cheese Baked Beans Roasted Cauliflower Italian Pasta Salad	17 Chicken Curry Basmati Rice Mixed Vegetables Baked Ravioli Roasted Zucchini & Squash Garlic Bread Smoothie Station	18 Pierogies Kielbasa Onion & Peppers Carrots Salisbury Steak Garlic Mashed Potatoes Mixed Vegetables Salmon Niçoise Salad	19 Baked Chicken Rice Pilaf Seasoning Peas Beef Empanadas Chicken Empanadas Yucca Frita Smoothie Station	20 Chicken Tenders Onion Rings Mac & Cheese Burgers Potato Wedges Mixed Vegetables
21 Fried Shrimp Hush Puppies Steak Fries BBQ Pulled Pork Broccoli Waffle Fries	22 Honey Garlic Chicken Thigh Mashed Potatoes Broccoli Spaghetti Meatball w/ Marinara Smoothie Station	23 Baked Pork Chops Yellow Rice Green Beans Chicken Parmesan Penne Pasta Broccoli Beet Salad	24 Blackened Tilapia Roasted Red Potatoes Mixed Vegetables Teriyaki Chicken Le Mein Egg Rolls Smoothie Station	25 Penne Chicken Alfredo Garlic Knots Seasoned Carrots Salisbury Steak w/ Brown Gravy White Rice Mixed Vegetables Cobb Salad	26 Burgers Onion Rings Mixed Vegetables Chicken Tenders Waffle Fries Home Glazed Carrots Smoothie Station	27 Honey Glazed Ham Scalloped Potatoes Home Glazed Carrots BBQ Chicken Mac & Cheese Baked Beans
28 Orange Chicken House Fried Rice Egg Rolls Fried Cod Steak Fries Hush Puppies	29 BBQ Pulled Pork Potato Wedges Green Beans Almondine Fried Catfish Corn On The Cob Fried Okra Smoothie Station	30 Spaghetti & Meatballs Broccolini Garlic Knots Roasted Chicken Candied Yams Roasted Brussels Sprouts Asian Chicken Salad	1 BBQ Ribs Baked Beans Mac & Cheese Almond Crust Sole Wild Rice Mixed Vegetables Smoothie Station	2 Grilled Flank Steak Baked Potatoes Creamed Collar Green Fried Pork Chop White Rice Gravy Green Beans Quinoa Salad	3 Fried Shrimp Hush Puppies Steak Fries BBQ Pulled Pork Broccoli Potato Wedges Smoothie Station	4 Burgers Buns Mixed Vegetables Chicken Tenders Waffle Fries Home Glazed Carrots



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