

Beta House Menu

Week Ending 08/25

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast:</u> -Egg Sandwiches/Tacos -Eggs/Bacon/Sausage A la Carte -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> -Omelette Station/Potatoes - Egg Sandwiches/Tacos - Plain Pancakes -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> - Egg Sandwiches/Tacos - Egg/Sausage/Bacon A la Carte -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> -Omelette Station/Potatoes -Egg Sandwiches/Tacos -French Toast Sticks -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> - Pancake Friday! Chocolate Chip -Egg Sandwiches/Tacos -Egg/Sausage/Bacon A la Carte -Fresh Fruit/Oats/Yogurt
<u>Lunch:</u> -Turkey Avo BLT -House Potato Chips -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Taco Tuesday (Chicken/Pork) -Spanish Rice, Pinto Beans -Salsa Bar -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -3 Flavor Wing Bar (Buffalo, BBQ, Lemon Pepper) -Celery and Carrots -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Smash Burgers with In n-Out Sauce -French Fries -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Tri Tip Nachos -Guac, Salsa, Queso, Sour Cream, BBQ Sauce -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar
<u>Chapter Dinner:</u> -Chicken Parm with Spaghetti -Broccoli and Garlic Bread -Fresh Baked Brownies -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Orange Chicken -Jasmine Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Scandinavian Steak -Rosemary Potatoes -Asparagus -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken/Beef Fajitas -Spanish Rice, Black Beans -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken Quesadilla Late Plates - 20 count -Steak Quesadilla Late Plates -20 count

*Chef Notes :

-On Wing, Wednesday, have Ranch as the dipping sauce

-For the Burgers, Thursday, have a lot of the homemade In N Out sauce as well as tomatoes, onions, and lettuce for the toppings