

WARRIORS' CAFÉ

Main Menu

Bacon
Turkey Bacon
Baked Turkey Sausage Patties
English Muffin w/ Egg and
Cheese
Canadian Bacon, Egg and
Cheese Sandwich
Hash Brown Potatoes
Hot Rolled Oats
Scrambled Eggs
Omelets
Cooked Eggs
Whole Grain Waffles
Croissants
Low Fat Muffins
Assorted Bread/Toast
Assorted Dry Cereal



When: 09 March 2024

0730-0900 - Breakfast

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Creole Macaroni
Turkey Stuffed Peppers
Vegetable Pizza
Wild Rice
Baked Potatoes
Herbed Broccoli
Oriental Stir Fried Cabbage
Cornbread
Chicken Gravy
O'Brien Potatoes
Japanese Vegetable Stir Fry
Steamed Carrots
Brown Gravy
Hot Rolls
Soup Of The Day



When: 09 March 2024

1130-1300 - Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Baked Chicken & Rice
Blackened Fish
Rotini w/ Tomato Sauce
Mashed Potatoes
Boiled Egg Noodles
Squash & Carrot Medley
Pinto Beans
Chicken Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burgers
Bean Burritos



When: 09 March 2024
1700-1830 - Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Canadian Bacon
Creamed Beef
Turkey Sausage Links
Italian Breakfast Pizza
Hash Browned Potatoes
Hot Hominy Grits
Scrambled Eggs
Cooked Eggs
Omelets
Pancakes
Biscuits
Bagels
Assorted Bread/Toast
Assorted Dry Cereal



When: 10 March 2024

0730-0900 - Breakfast

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Roast beef
Turkey Enchiladas
Macaroni & Cheese
Southwestern Rice
Mashed Potatoes
Green Beans
Corn on the Cob
Brown Gravy
Hot Rolls
Soup Of The Day



When: 10 March 2024

1130-1300 - Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Steak
Oven Baked Breaded Shrimp
Eggplant Parmesan
Baked Potatoes
Rice Pilaf
Sauteed Mushroom And Onion
Steamed Broccoli
Mixed Vegetables
Brown Gravy
Garlic Bread
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Vegetable Pizza
BBQ Pork
Black Bean Burger



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

When: 10 March 2024

1700-1830 – Dinner

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Bacon
Sausage Gravy
Baked Chicken Sausage Patties
Breakfast Burrito
Steamed Rice
Hot Rolled Oats
Scrambled Eggs
Cooked Eggs
Omelets
Whole Grain French Toast
Biscuits
Low Fat Muffins
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 11 March 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

2330-0030 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Chinese 5 Spice Chicken
Meatloaf
Cheese Tortellini
Spicy Brown Rice Pilaf
Mashed Potatoes
Peas and Carrots
Green Beans
Brown Gravy
Hot Rolls
Soup Of The Day



When: 11 March 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

0430-0530 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

WARRIORS' CAFÉ

Main Menu

Beef Stir Fry
Caribbean Fish
Vegetable Stuffed Peppers
Brown Rice w/ Tomatoes
Mashed Potatoes
Seasoned Asparagus
Vegetable Stir Fry
Brown Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Hot Dogs
Fishwich
Grilled Chicken Fillet



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

When: 11 March 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

1045-1145 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Baked Sausage Patty
Creamed Beef
Oven Fried Turkey Bacon
English Muffin w/ Egg & Cheese
Canadian Bacon, Egg and
Cheese Sandwich
Cottage Fried Potatoes
Hot Hominy Grits
Scrambled Eggs
Broccoli Quiche
Whole Grain Waffles
Biscuits
Bagels
Assorted Bread/Toast
Assorted Dry Cereal



When: 12 March 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

2330-0030 – 3rd Shift

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Chicken Yakisoba
Shrimp Jambalaya
Vegetarian Pierogies
Mashed Potatoes
Steamed Broccoli
Mixed Vegetables
Turkey Gravy
Hot Rolls
Soup Of The Day



When: 12 March 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

0430-0530 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

WARRIORS' CAFÉ

Main Menu

Savory Baked Chicken
BBQ Pork Chops
Red Beans and Rice
Rice Pilaf
Rosemary Roasted Potatoes
Corn O'Brien
Stir Fry Cabbage
Chicken Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burger
Black Bean Burger



When: 12 March 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

1045-1145 – 3rd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Bacon
Creamed Turkey
Baked Turkey Sausage
Breakfast Pita
Hash Browns
Hot Rolled Oats
Scrambled Eggs
Omelets
Cooked Eggs
Pancakes
Biscuits
English Muffins
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 13 March 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

2330-0030 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pepper Steak
Herb Baked Fish
Cheese Lasagna
Rice Pilaf
Oven Browned Potatoes
Seasoned Lima Beans
Carrot Strips
Brown Gravy
Garlic Bread
Soup Of The Day



When: 13 March 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

0430-0530 – 3rd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Indonesian Beef over Noodles
Roast Turkey
Vegetarian Nuggets
Cornbread Dressing
Mashed Potatoes
Green Beans
Cauliflower Combo
Turkey Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
BBQ Pork
Vegetable Pizza
Fishwich



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

When: 13 March 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

1045-1145 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Sausage Links
Creamed Beef
Baked Chicken Sausage Patties
Breakfast Burrito
Cottage Fried Potatoes
Hot Hominy Grits
Scrambled Eggs
Cooked Eggs
Whole Grain French Toast
Biscuits
Low Fat Muffins
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 14 March 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

2330-0030 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Teriyaki Beef Strips
Oven Fried Fish
Pasta Primavera
Steamed Brown Rice
Potatoes & Herbs
Japanese Vegetable Stir Fry
Carrots
Chicken Gravy
Hot Rolls
Soup Of The Day



When: 14 March 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

0430-0530 – 3rd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Braised pork Chops
Chicken & Italian Vegetable Pasta
Cheese Manicotti
O'Brien Potatoes
Savory Squash
Peas
Brown Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Cannonball Subs
Turkey Burger
Bean Burritos



When: 14 March 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

1045-1145 – 3rd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Sausage Links
Bacon
Oven Fried Turkey Bacon
Mexican Breakfast Pizza
Steamed Rice
Cream Of Wheat
Scrambled Eggs
Omelets
Cooked Eggs
Pancakes
Biscuits
Bagels
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 15 March 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

2330-0030 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Oven Baked Chicken
Cajun Baked Catfish
BBQ Spareribs
Hopping John
Candied Sweet Potatoes
Mashed Potatoes
Collard Greens
Corn on the Cob
Chicken Gravy
Cornbread
Soup Of The Day



When: 15 March 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

0430-0530 – 3rd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Baked Ham
Spaghetti w/Meatballs
Spaghetti w/Marinara Sauce
Rosemary Roasted Potatoes
Rice Pilaf
Brussel Sprouts Parmesan
Corn on the Cob
Brown Gravy
Hot Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Pizza
Sloppy Joe
Hot Dogs



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

When: 15 March 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

1045-1145 – 3rd Shift

MENUS ARE SUBJECT TO CHANGE