



# YOUNG ADULT SAMPLE MENU

## BREAKFAST

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Fresh Fruit and Yogurt Bar  
Oatmeal  
Freshly Made Scones  
Plain Scrambled Eggs  
Home Fries  
Homemade Pancakes  
Sausage Links

## LUNCH

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Two Salads and Toppings  
Grilled Chicken Sandwiches  
Coleslaw  
Tator Tots  
Deli Bar  
Fresh Fruit  
Brownies

## DINNER

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Two Salads and Toppings  
Flank Steak with Chimmichurri Sauce  
Roasted Asparagus  
Sautéed Squash  
Dinner Rolls  
Cheesecake