

2010 Project AWARE Menu*

* Subject to change

** Vegetarian options are only available to those who indicate a vegetarian preference on their registration form

Saturday, July 10th

- **Dinner (Harlan Hy-Vee):** Grilled Pork Chop, Twice Baked Potato, Catalina Veggie Mix, Cherry Cheesecake, Dinner Roll, Milk, Coffee, Lemonade and Ice Tea (**Vegetarian option: Veggie Stir Fry with Tofu, Wild Rice, and Melon Salad)

Sunday, July 11th

- **Breakfast (Harlan Hy-Vee):** Scrambled Eggs, Bacon or Sausage, Cheesy Potatoes, Mixed Fruit Tray, Orange Juice, Coffee, and Milk (**Vegetarian option: Scrambled Eggs and Oatmeal)
- **Lunch (Harlan Hy-Vee):** Ham, Turkey or Roast Beef Sandwich, Mixed Veggies, Assorted Whole Fruit, Cookies, Chips and Juice (**Vegetarian option: Veggie Wraps)
- **Dinner (Harlan Hy-Vee):** Grilled Hamburger or Brat, Potato Salad, Baked Beans, Brownie, Milk, Coffee, Lemonade and Ice Tea (**Vegetarian option: Grilled Boca Burger and Marinated Veggie Salad)

Monday, July 12th

- **Breakfast (Our Daily Bread):** Hashbrown Casserole with Ground Sausage, Sliced Sweet Bread, Corn Muffin, Seasonal Fruit Tray, Orange Juice, Apple Juice, Milk and Coffee (**Vegetarian option: Hashbrown Casserole with Assorted Beans)
- **Lunch (Our Daily Bread):** Three Meat Italian Wrap, Mixed Chopped Veggies, Assorted Whole Fruit, Chocolate Chip Cookies and Juice (**Vegetarian option: Marinated Vegetable Wrap)
- **Dinner (Our Daily Bread):** Grilled Chicken Breast, Mixed Green Salad, Herbed Rice, Fresh Baked Bun, Brownie, Chocolate Cake, Milk, Coffee, Lemonade and Ice Tea (**Vegetarian option: Grilled Portabella Mushroom)

Tuesday, July 13th

- **Breakfast (Our Daily Bread):** Sausage Breakfast Burrito, Morning Glory Muffin, Hashbrown Patty, Seasonal Fruit Tray, Apple Juice, Orange Juice, Milk and Coffee (**Vegetarian option: Black Bean Breakfast Burrito)
- **Lunch (Our Daily Bread):** Ham and Swiss or Roast Beef and Cheddar Sandwich, Celery Sticks with Peanut Butter & Raisins, Assorted Whole Fruit, Chocolate Chip Cookies, and Juice (**Vegetarian option: Roasted Vegetable Sandwich)
- **Dinner (Our Daily Bread):** Meat Lasagna, Caesar Salad, Green Beans, Cheesecake Bar, Toasted Garlic Bread, Milk, Coffee, Black Cherry Drink and Ice Tea (**Vegetarian option: Vegetable Lasagna with White Sauce)

Wednesday, July 14th

- **Breakfast (Our Daily Bread):** Scrambled Eggs, Sausage, Breakfast Potatoes, Seasonal Fruit Tray, Mini Cinnamon Roll, Orange Juice, Coffee, and Milk (**Vegetarian option: Scrambled Eggs and Red Beans)
- **Lunch (Our Daily Bread):** Turkey and Bacon Wrap, Mixed Chopped Veggies, Assorted Whole Fruit, Trail Mix, Oatmeal Raisin Cookies, and Juice (**Vegetarian option: Garlic Hummus and Rice Wrap)
- **Dinner (Our Daily Bread):** Chicken and Veggie Fajita, Mexi-Rice, Black Beans, Churro, Milk, Coffee, Lemonade, and Raspberry Ice Tea (**Vegetarian option: Tofu and Veggie Fajita)

Thursday, July 15th

- **Breakfast (Our Daily Bread):** Baked French Toast with Syrup, Bacon, Shredded Hashbrowns, Seasonal Fruit Tray, Orange Juice, Coffee, and Milk (**Vegetarian option: Baked French Toast with Syrup and Yogurt)
- **Lunch (Our Daily Bread):** Ham and Swiss or Roast Beef and Cheddar Sandwich, Mixed Chopped Veggies, Assorted Whole Fruit, Crackers, Sugar Cookies, and Juice (**Vegetarian option: Tomato, Basil and Mozzarella Sandwich)
- **Dinner (Our Daily Bread):** Sliced Honey Ham, Cheesy Potatoes, Corn, Homemade Bread and Butter, Carrot Cake, Milk, Iced Tea and Cherry Lemonade (**Vegetarian option: Lentil Loaf)

Friday, July 16th

- **Breakfast (Our Daily Bread):** Sausage Egg Bake, Baked Oatmeal, Assorted Pastries, Seasonal Fruit Tray, Cranberry Juice, Orange Juice, Milk and Coffee (**Vegetarian option: Ratatouille Egg and Veggie Bake)
- **Lunch (Our Daily Bread):** Chicken Caesar Wrap, Mixed Chopped Veggies, Assorted Whole Fruit, Crackers, Rice-Krispie Bar, and Juice (**Vegetarian option: Eggplant and Pepper Parmesan Sandwich)
- **Dinner (Our Daily Bread):** Sweet and Sour Pork, Fried Wonton Strips, Steamed Rice, Fresh Baked Bun, Newspaper Brownie Bar, Milk, Iced Tea and Lemonade (**Vegetarian option: Sweet and Sour Vegetables)

Saturday, July 17th

- **Breakfast (Our Daily Bread):** Breakfast Ham, Breakfast Potatoes, Yogurt, Seasonal Fruit Tray, Orange Juice, Milk and Coffee (**Vegetarian option: Tofu)
- **Lunch (Our Daily Bread):** Slow Cooked Roast Beef, Mashed Potatoes with Gravy, Steamed Carrots, Homemade Roll with Butter, Ice Cream Sundae, Iced Tea, Milk and Cherry Lemonade (**Vegetarian option: Broccoli Cheese Bake)