

## 2022 OSAI Menu

Date	Breakfast	Lunch	Dinner
Saturday June 11		<b>Students &amp; guests may purchase meal tickets.</b>	Baked Penne With Ground beef
		Chicken Fajitas	Penne pasta with tomato sauce (V)
		Vegetable Fajitas (V)	GF Pasta available on request
		Spanish Rice (V)	Breadsticks (V)
		Pinto beans (V)	Roasted squash, zucchini & onion (V)
Sunday June 12	Scrambled Eggs	Chicken Strips	Smoked Turkey with Gravy
	Bacon	Vegan Chicken Nuggets (V)	Dressing (V)
	Home Fried Potatoes (V)	Mac and Cheese	Rice Pilaf (V)
	Pancakes & Syrup	French Fries (V)	Carrots Medley (V)
	Fresh Pineapple	Green Beans (V)	Black Bean Quesadilla
Monday June 13	Scrambled Eggs	Beef Stir Fry	Garlic Chicken
	Ham Steaks	Sesame Coated Tofu (V)	Garlic Tofu (V)
	Hash Browns (V)	Jasmine Rice (V)	Rice Pilaf (V)
	Waffles & Syrup	Stir Fry Veggies (V)	Carrots (V)
	Fruit Salad	Black Bean Quesadilla	Sauteed Leafy Greens (V)
Tuesday June 14	Scrambled Eggs	Tamale Pie with ground beef	Pollo Al Ajillo
	Kielbasa Sausage	Sante Fe Black Bean (V)	Tofu & Rice Medley (V)
	Home Fried Potatoes (V)	Zucchini & Yellow Squash (V)	Mashed Potatoes
	French Toast & Syrup	Mixed Veggies (V)	Green Beans (V)
	Red & Green Grapes	Stir-Fry Rice (V)	Rolls (V) with butter on side
Wednesday June 15	Scrambled Eggs	Spaghetti with red sauce (V)	Chicken enchiladas with red sauce
	Bacon	GF Pasta available on request	Cheese enchiladas with sour cream sauce
	Shredded Hash Brown (V)	Meatballs	Grilled Corn Salad (V)
	Biscuits & Gravy	Steamed broccoli (V)	Cilantro rice (V)
	Honeydew Melon	Breadsticks (V)	Black beans (V)
Thursday June 16	Scrambled Eggs	Burgers & vegan burgers	Roast Pork Loin
	Pork Sausage Link	White, wheat, and gluten free buns (V)	Mashed sweet potatoes (V)
	Tater Tots (V)	BBQ baked beans (V)	Lima beans (V)
	Pancakes & Syrup	Onion rings (V)	Rice (V)
	Fresh Pineapple	Corn on the cob (V) with butter on side	Rolls (V) with butter on side
Friday June 17	Scrambled Eggs	Baked Penne With Ground beef	General Tso's Chicken
	Scrambled Egg W/Chorizo	Penne pasta with tomato sauce (V)	Sesame Coated Tofu (V)
	Home Fried Potatoes (V)	GF Pasta available on request	Garlic Rice (V)
	Waffles & Syrup	Breadsticks (V)	Broccoli, carrots & cauliflower (V)
	Fruit Salad (Fresh Fruits)	Grilled squash, zucchini & onion (V)	
Saturday June 18	Scrambled Eggs	Crispy Chicken Strips (regular & vegan)	Chicken Piccata
	Pork Sausage Patty	Mac and cheese	Brown Rice Pilaf
	Hash Browns (V)	French fries (V)	Asparagus
	French Toast & Syrup	Green Beans (V)	Pasta Primavera
	Red & Green Grapes		Herb Crusted Broiled Tomato
Sunday June 19	Scrambled Eggs	<b>Guests may purchase meal tickets.</b>	BBQ Chicken
	Bacon	Salisbury Steak & Gravy	BBQ Tofu & Rice (V)
	Home Fried Potatoes (V)	Potatoes & Carrots (V)	Garlic Mashed Potatoes
	Biscuits & Gravy	Mixed Veggies (V)	Steamed broccoli, carrots & cauliflower (V)
	Honeydew Melon	Rolls (V) with butter	

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Monday June 20	Scrambled Eggs	Cajun Turkey	Tamale Pie with ground beef
	Ham Steaks	Red Beans (V)	Sante Fe Black Bean (V)
	Shredded Hash Brown (V)	Brown Rice (V)	Zucchini & Yellow Squash (V)
	Pancakes & Syrup	Broccoli, carrots & cauliflower (V)	Mixed Veggies (V)
	Fresh Pineapple		Pasta & Fra Diavolo Sauce (V)
Tuesday June 21	Scrambled Eggs	BBQ Pork Sandwich	Crispy Orange Chicken Stir Fry
	Kielbasa Sausage	Vegan Burger (V)	Sesame Coated Tofu (V)
	Tater Tots	Breaded Okra (V)	Jasmine Rice (V)
	Waffles & Syrup	Corn on the cob (V) with butter on side	Stir Fry Veggies (V)
	Fruit Salad	Black Bean Quesadilla	
Wednesday June 22	Scrambled Eggs	Pollo Al Ajillo	Spaghetti with red sauce (V)
	Bacon	Tofu & Rice Medley (V)	GF Pasta available on request
	Home Fried Potatoes (V)	Mashed Potatoes	Meatballs
	French Toast & Syrup	Green Beans (V)	Steamed broccoli (V)
	Red & Green Grapes	Rolls (V) with butter on side	Breadsticks (V)
Thursday June 23	Scrambled Eggs	Garlic Chicken	Roast Pork Loin
	Pork Sausage Link	Garlic Tofu (V)	Mashed sweet potatoes (V)
	Hash Browns (V)	Rice Pilaf (V)	Lima beans (V)
	Biscuits & Gravy	Carrots (V)	Rolls (V) with butter on side
	Honeydew Melon	Sauteed Greens (V) (e.g. kale, chard, collard...)	Pasta with Fra Diavolo Sauce
Friday June 24	Scrambled Eggs	Chicken enchiladas with red sauce	<a href="#">Guests may purchase meal tickets.</a>
	Scrambled Egg W/Chorizo	Cheese enchiladas with sour cream sauce	Smoked BBQ Brisket
	Home Fried Potatoes (V)	Grilled Corn Salad (V)	Potato Salad
	Pancakes & Syrup	Cilantro rice (V)	Black Bean Burger (V)
	Fresh Pineapple	Black beans (V)	Baked Beans (V)
Saturday June 25	Scrambled Eggs	<a href="#">Guests may purchase meal tickets.</a>	<a href="#">Guests may purchase meal tickets.</a>
	Pork Sausage Patty	Crispy Chicken Strips (regular & vegan)	BBQ Pork
	Tator Tots (V)	Mac and cheese	BBQ Tofu (V)
	Waffles & Syrup	French fries (V)	Garlic Mashed Potatoes
	Fruit Salad (Fresh Fruits)	Green beans (V)	Steamed broccoli, carrots & cauliflower (V)
Sunday June 26	Scrambled Eggs		
	Bacon		
	Hash Brown (V)		
	French Toast		
	Red & Green Grapes		
(V) = Vegan			
<a href="#">A limited number of guest meal tickets are available for meals noted above, and they may be purchased in advance by clicking on this link.</a>			
If there are meal tickets remaining after the pre-sale period, they may be purchased at the restaurant entrance during the designated meal times on a first-come-first-served basis.			

## Peripheral / Salad Bar / Dessert Selections

A selection of the following items will be available each day in addition to the daily menus.

Breakfast	Lunch and Dinner	Lunch & Dinner Salad Bar	Lunch & Dinner Dessert
Blueberry Yogurt	Red Apples	Pasta Salad/Potato Salad	Cookies
Vanilla Yogurt	Oranges	Hard Boiled Eggs	Brownies
Granola	Bananas	Croutons	Sheet Cake
Instant Oatmeal	Lemon Wedges	Cottage Cheese	Ice Cream Sandwiches
Grits Packets (Bulk Only)	Wheat Bread	Broccoli/Cauliflower	Popscicles
Assorted Cereals	Gluten Free Bread	Cauliflower	Pudding cups
Wheat Bread	White Pullman Loaf	Tomatoes	
Bagels	Salsa	Cucumbers	
Salsa	Peanut Butter	Ranch	
Bananas	Grape Jelly	Blue Cheese	
Red Apples	Honey	Raspberry Vinaigrette	
Oranges	Hot Tea	Balsamic Vinegar	
Wheat Bread	Iced Tea	Olive Oil	
Bagels	Water	Sunflower Seeds/Nuts	
Salsa	Coffee	Craisins/Raisins	
Coffee	Hot Water	Mushrooms	
Hot Water	Fountain Coke/Diet Coke	Red Onions/Green Onions	
Earl Gray	Fountain Coke Zero	Bell Peppers	
Hot Black Tea	Fountain Dr Pepper/Diet Dr. P.	Black Olives	
Hot Tea	Fountain Root Beer	Three Bean Salad	
Iced Tea	Fountain Sprite	Tofu	
Water	Fountain Powerade	Hummus	
Iced Tea	Fountain Lemonade		
Water			
Orange Juice			
Apple Juice			
Grape Juice			
Lemon Wedges			
Milk			