



Watch for
Wellness and You!
Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Wellness entrées and salad recipes
were developed by our regional
and national chefs and dietitians.

Better By Design
means healthier cuisine...

PANOLA COLLEGE

Week of Monday March 8

Monday

Entree: Batter Dipped Waffles 🍓
Grits 🌻🍓
Sausage Gravy & Biscuit
Scrambled Eggs 🍓🌿

Tuesday

Entree: Crisp Bacon 🌿
Hard Cooked Eggs 🍓🌿
Oatmeal 🌻🍓

Wednesday

Entree: Buttermilk Pancakes 🍓🍓
Grits 🌻🍓
Sausage Patties 🌿
Scrambled Eggs 🍓🌿

Thursday

Entree: Batter Dipped Waffles 🍓
Breakfast Burrito w/Chorizo 🌿
Hard Cooked Eggs 🍓🌿
Oatmeal 🌻🍓

Friday

Entree: Hard Cooked Eggs 🍓🌿
Oatmeal 🌻🍓
Sausage Gravy & Biscuit
Scrambled Eggs 🍓🌿

