



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

Week of Monday January 26

## Monday

Breakfast: Grits 🍌🍌  
French Waffles 🍌🍌  
Omelet Bar 🌿  
Scrambled Eggs 🍌🌿  
Sausage Links 🌿  
Potato: Suncreek Potatoes with Cheddar Cheese 🍌

## Tuesday

Breakfast: Oatmeal 🍌🍌  
Buttermilk Pancakes 🍌🍌  
Omelet Bar 🌿  
Scrambled Eggs 🍌🌿  
Crisp Bacon 🌿  
Potato: French Fried Tater Tots

## Wednesday

Breakfast: Cream of Wheat (Farina) 🍌🍌🌿  
Omelet Bar 🌿  
Scrambled Eggs 🍌🌿  
Sausage Patties 🌿  
Potato: O'Brien Potatoes 🍌

## Thursday

Bread: Cinnamon Cinnamon Rolls 🍌  
Breakfast: Grits 🍌🍌  
Chocolate Chip Pancakes 🍌  
Omelet Bar 🌿  
Scrambled Eggs 🍌🌿  
Frizzled Ham 🌿  
Potato: Home Fried Potatoes 🍌

## Friday

Breakfast: Cream of Wheat (Farina) 🍌🍌🌿  
Buttermilk Pancakes 🍌🍌  
Omelet Bar 🌿  
Scrambled Eggs 🍌🌿  
Sausage Links 🌿  
Potato: Home Fried Potatoes 🍌🌿