

## Upward Bound Week 1, 3 & 5 Summer 2019

Starts May 28(Tuesday)

**Sunday Evening  
Move in**

Served from:  
5 PM to 6:30 PM

- Burgers**
- Chips**
- Salad bar**
- Cookie**

**Breakfast Served:**  
6:30 AM to 8:00 AM  
**Lunch Served:**  
10:50 AM to 1:30 PM  
**Dinner Served:**  
5:00 PM to 7:00 PM

	<b>Monday 5/27 Breakfast</b>	<b>Tuesday 5/28 Breakfast</b>	<b>Wednesday 5/29 Breakfast</b>	<b>Thursday 5/30 Breakfast</b>	<b>Friday 5/31 Breakfast</b>
	Milk/cereal Yogurt bar Boiled Eggs Waffle Bar Biscuit & Gravy	Milk/cereal Yogurt bar Boiled Eggs / Scrambled Biscuit & Gravy Sausage	Milk/cereal Yogurt bar Boiled Eggs Waffle Bar Biscuit & Gravy	Milk/cereal Yogurt bar Boiled Eggs / Scrambled Biscuit & Gravy Sausage	Milk Cereal Boiled Eggs Waffle Bar Biscuit & Gravy Breakfast burrito
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Milk Chicken Fried Steak Mashed Potato & Gravy Corn	Milk Chicken Sandwich French Fries Broccoli w/ cheese	Milk Spaghetti w/Meat Sauce Corn Garlic Bread sticks	Milk Chicken strip tenders Tator Tots Cauliflower W/Cheese	Milk Hamburger w/bun Baked Fries Green Beans
	Hot Roll Taco Bar	Taco Bar	Taco Bar	Taco Bar	Taco Bar
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Milk Baked Chicken Cheesy Potatoes Green Beans	Milk Chili Dogs Ranch Tots California Blend	Milk Riblet w/bun French Fries Baby Carrots	Milk Beef Fajitas Spanish Rice Black Beans	<b>NOTE: UB Students Will not be eating meals on the highlighted days</b>
	Hot Roll Taco Bar	Taco Bar	Taco Bar		

**Lunch & Dinner Salad Bar:** Cottage Cheese, Potato Salad, Pasta Salad, Lettuce Salad, Tuna Salad, Chicken Salad, Carrots, Turkey, Ham, Olives, Cheese, Broccoli, Cucumbers, bell peppers, hard boiled eggs, etc.

**Fruit:** Fruit Cocktail, Cantalope, Peaches, Pineapples, Grapes, Seasonal

**Sandwich bar:** Ham, Turkey, Cheese and fixings.

**Taco Bar:** Seasoned Meat, Refried beans, Tortilla Chips, Shells, Nacho Cheese, and fixings

**Etiquette Night Menu: Steak or Parmesan Chicken w/Duchess Potatoes, salad, corn, green beans, Roll ~~~ JUNE 18th**