










Allegany College of Maryland Menu



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Monday 28-Jan		Tuesday 29-Jan		Wednesday 30-Jan		Thursday 31-Jan		Friday 1-Feb	
	Ham, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Bacon, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Sausage, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Bacon, Egg & Cheese English Muffin Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Ham, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station				
Daily Menu	Available Daily for Breakfast: Eggs to Order, Made to Order Omelets, Scrambled Eggs, Pancakes, French Toast, Toast, Hashbrowns, Bacon and Sausage								
	Seafood Monday Grilled Salmon Wild Rice Pilaf Vegetable du jour Dinner Roll	Loaded Tater Tots Bar Tater Tots Chili, Jalapeno Cheddar Cheese Sauce Sour Cream, Salsa	Wing Wednesday Boneless Wings Assorted Sauces Celery Sticks Ranch Or Blue Cheese Dressing	Stuffed Peppers Savory Ground Beef Steamed Green Peppers Tomato Sauce Mashed Potatoes Corn	Stir Fry-Day Sweet & Sour Pork Steamed Rice Baby Corn, Peppers & Onions Snow Peas, Water Chestnuts Broccoli, Carrots, Stir Fry Sauce				
	All American Hoagie	All American Hoagie	All American Hoagie	All American Hoagie	All American Hoagie				
	Cheese Pizza Sausage & Onion Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza BBQ Chicken Pizza	Cheese Pizza Reuben Pizza	Cheese Pizza Supreme Pizza				
	Available Daily At The Grille: Chicken Tenders, Made To Order Burgers, Hot Dogs, Chicken Sandwiches, Veggie Burgers, Chicken Wings And Sides Such As French Fries, Mozzarella Sticks, Onion Rings And So Much More								
	MD Crab Soup	MD Crab Soup	MD Crab Soup	MD Crab Soup	Chef's Choice				
	Beef Barley Soup	Vegetable Soup	Creamy Tomato Soup	Chicken Noodle Soup	Chef's Choice				
* Contains or May Contain Raw or Undercooked Ingredients. Consuming Raw or Uncooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food-Borne Illness.									

 Denotes Gluten-Free Item

