

## FAMILY CONFERENCE MENU 2021

Our Campus Kitchen prepares delicious, made-from-scratch meals for everyone to enjoy— with **simpler, more cost effective breakfasts and gluten-free menu options!** While we have designated portions for the main dish for the meals this week, guests wishing to have more salad are welcome to ask for that in the serving line.

[Gluten Free meals are available for an additional \\$2/meal and must be reserved in advance by calling 903-636-9201. Our gluten-free menu is the same as the regular menu listed below—complete with desserts!](#) Please note that for those with serious allergies, careful food separation is not possible in our industrial kitchen, allowing for the possibility of cross-contamination. We will not be liable for any reaction caused by eating food prepared in our kitchen.

Sack lunches provided for ALERT Cadet/Pre-Excel students will include the sandwiches listed below on Tues, Wed, and Fri and include chips, a cookie, and fruit.

If you have further questions on the menu, please contact our head cook Charissa at [cchristopherson@alertacademy.com](mailto:cchristopherson@alertacademy.com).

### **SATURDAY, APRIL 24**

Brunch 10:30–11:00 AM: Fruit Salad, Breakfast Casserole, Pancakes/Syrup, Milk/Juice/Coffee

Dinner 4:30–5:00 PM: Salad, Enchiladas, Black Bean Salad, Cilantro Lime Rice, Lemon Bars

### **SUNDAY, APRIL 25**

Breakfast 8:30–9:00 AM: Fruit, Blueberry Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–12:30 PM: Whole Fruit, Chicken Salad on Homemade Rolls, Lettuce, Potato Chips, French Onion Dip, Oatmeal Cookies

Dinner 5:00–5:30 PM: Salad, Chicken Alfredo, Steamed Broccoli, Breadsticks

### **MONDAY, APRIL 26** *(meal packages start with Monday dinner)*

Breakfast 8:30–9:00 AM: Fruit, Apple Coffeecake, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–12:30 PM: Salad, BBQ Chicken, Pinto Beans, Potato Salad, Biscuits, Caramel Apple Pretzel Salad, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Swedish Meatballs, Mashed Potatoes, Glazed Carrots, Rolls, Butter, Carrot Cake

### **TUESDAY, APRIL 27**

Breakfast 7:30–9:00 AM: Fruit, Oatmeal Chocolate Chip Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Homemade Bread, Turkey, Cheddar, Lettuce, Tomatoes, Pickles, Mayo, Mustard, Creamy Potato Soup, M&M Cookies, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Supreme Burritos, Beans, Beef, Rice, Cheese, Salsa, Sour Cream, Tortilla Chips, Guacamole, Chocolate/Vanilla Pudding [\[this meal is naturally gluten-free\]](#)

### **WEDNESDAY, APRIL 28**

Breakfast 7:30–9:00 AM: Fruit, Pumpkin Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Hamburgers, Cheese, Lettuce/Tomatoes/Pickles, Mayo/Mustard/Ketchup, Kettle Cooked Chips, Pasta Salad, Cranberry White Chocolate Cookies, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Creamy Chicken Casserole, Rice, Normandy Vegetable Blend, Applesauce, Rolls, Butter

### **THURSDAY, APRIL 29** *(Thursday lunch not included for ALERT Cadet/Pre-EXCEL Students)*

Breakfast 7:30–9:00 AM: Fruit, Quick Coffee Cake, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Chicken Wraps, Cheese, Lettuce/Tomatoes, Original & Chipotle Ranch, Sun Chips, Broccoli Salad, Snickerdoodles, Whole Fruit

Dinner 5:00–6:00 PM: Salad, Lasagna, Green Beans, Garlic Bread, Italian Crème Cake

### **FRIDAY, APRIL 30** *(meal packages conclude with Friday dinner)*

Breakfast 7:30–9:00 AM: Fruit, Banana Muffins, Hot Hard Boiled Eggs, Yogurt, Cereal, Milk/Juice/Coffee

Lunch 12:00–1:00 PM: Salad, Chicken Sandwiches, Lettuce/Pickles, Mayo/Mustard, CFA Sauce, Chips, Fruit Salad, Chocolate Chip Cookies

Dinner: Salad, Pizza (Cheese, Pepperoni, Chicken and Veggie — up to 3 pieces for adults, up to 2 for children), Fudge Brownies

### **SATURDAY, MAY 1**

Brunch 10:30–11:00 AM: Fruit Salad, Cinnamon Rolls, Scrambled Eggs, Hashbrown Casserole, Sausage, Yogurt, Cereal, Milk/Juice/Coffee

Dinner 4:30–5:00 PM: Salad, Leftovers 😊