

# UMS WRIGHT PREP

## MIDDLE & UPPER SCHOOL

|               | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---------------|---|--|---|--|--|
| JAN 9-13      | Shrimp And Sausage Jambalaya Fried Okra Cream Corn            | Smothered Pork Chop Bacon Mashed Potatoes Lima Beans Chef Vegetable Roll | Fried Shrimp And Smoke Chicken Fettuccine Alfredo Sautéed Spinach | Homemade Meatloaf Mashed Potato Chef Vegetable Cheese Roll | Fried Fish & Roasted Fish Garlic Seasoned Rice Broccolini Sautéed Carrots Yeast Roll |
| JAN 16-20     | Beef Tips Herbed Rice Sweet Chili Roasted Carrots Texas Toast | Classic Lasagna Pram Roasted Veggies Green Beans Garlic Bread            | BBQ Pulled Pork Mac & Cheese Baked Beans House Slaw Texas Toast   | Country fried steak Mashed potatoes Chef vegetable Rolls   | Fried Fish & Blackened Fish Dirty Rice Fried Green Tomatoes Hushpuppies              |
| JAN 23-27     | Red Beans & Rice Green Beans Sweet Carrots Garlic Bread       |  | Fried Chicken Mac & cheese Collards Greens Cornbread              | Chili Rice Fried Green Tomato Chef vegetable Corn Bread    | Fried Fish & Blackened FISH Grits Okra Hushpuppies                                   |
| JAN 30- FEB 3 | Homemade Meatloaf Mashed Potato Chef Vegetable Cheese Roll    | Shrimp & Cheese Grits Succotash Fried Green Tomatoes                     | roast beef rice Carrots and broccoli roll                         | rotisserie chicken Pilaf rice Asparagus                    | Fried Fish & Blackened Fish Cheese Grits Lima's Slaw Hushpuppies                     |
| FEB 6-10      | Shrimp And Sausage Jambalaya Fried Okra Cream Corn            | Chicken & Waffle, Grill Pork Chop Roasted Potatoes Chef Veg. Roll        | Stuffed Pork Loin Rice Pilaf Green Beans House Rolls              | BBQ Chicken Baked Beans Corn On The Cobb Rolls             | Fried Fish & Blackened Fish Grits Fried Tomatoes Fried Okra                          |

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 Menu is subject to change