TRACEN Petaluma Haley Hall Dining Facility

03FEB25 - 09FEB25

1	BREAKFAST	Calories	U3FEB25 - U9FEB2	Calories	DINNER	Calories
	FRESH FRUIT	VARIES	CREAM OF POTATO SOUP	90	LONDON BROIL FLANK STEAK	398
	CREAM OF WHEAT	110	CHICKEN BREAST CHASSEUR	318	TWICE BAKED POTATOES	276
м	EGGS & OMELETS TO ORDER	VARIES	PORK LOIN W/ SUNDRIED TOMATOES	300	NOODLES JEFFERSON	241
M	BOILED EGGS	78	RISSOLE POTATOES	141	BROCCOLI W/ LEMON PANKO CRUMBS	188
0	CHICKEN APPLE / PORK SAUSAGE LINKS	92/180	GNOCCHI W/ PESTO SAUCE	320	FOUR CHEESE BAKED EGGPLANT	194
N	HASH BROWNS	151	PARMESAN CAULIFLOWER	111	FRENCH BREAD	80
D	BUTTERMILK PANCAKES	210	LEMON GARLIC SAUTEED SWISS CHARD	106		
Α						
			PLATED ALTERNATIVE			
Υ			BLACK BEAN BURGERS	400		
			CRISPY SMASHED SWEET POTATOES	110		
	FRESH FRUIT	VARIES	CHICKEN TORTILLA SOUP	140	BONE-IN BBQ CHICKEN THIGHS	264
Т	OATMEAL	158	CARNE ASADA TACOS	350	CAROLINA STYLE PULLED PORK	417
Ü	ASST. OATMEAL TOPPINGS	VARIES	SALSA VERDE CHICKEN	424	RANCH STYLE BEANS	150
	EGGS & OMELETS TO ORDER	VARIES 78	SPANISH RICE	211 112	MACARONI AND CHEESE	310 45
E	BOILED EGGS BACON / SAUSAGE PATTIES	192/180	BLACK BEANS	96	GREEN BEAN LYONNAISE	180
S	HASH BROWNS	192/100	CALICO CORN COTIJA ROASTED MEXICAN VEGETABLES	110	CAJUN MUSHROOMS JALAPENO & CHEDDAR DROP BISCUITS	152
D	FRENCH TOAST W/ BUTTER & SYRUP	210	FRESH SALSA BAR	VARIES	JALAPENO & CHEDDAR DROP BISCUITS	132
	SAUSAGE GRAVY	210	FRESH SALSA BAR	VARIES		
A	HOME STYLE BISCUITS		PLATED ALTERNATIVE			
Υ	HOME STILE BIOCOTTS		PUERTO RICAN PICADILLO W/ RICE	470		
			I DENTO MOAN FICADILLO W/ RICE	7/0		
۸,	FRESH FRUIT	VARIES	MINESTRONE SOUP	225	ROASTED CHICKEN QUARTERS	451
N	HOT GRITS	142	CHICKEN CACCIATORE	475	SWEET POTATOES	190
E	EGGS & OMELETS TO ORDER	156	SHRIMP SCAMPI	209	MOROCCAN COUSCOUS	199
D	BOILED EGGS	78	HERBED PASTA	141	CITRUS ROASTED ASPARAGUS	101
N	TURKEY / MAPLE PORK SAUSAGE LINKS	92/185	WILD MUSHROOM RISOTTO	35	ROASTED COLORFUL CAULIFLOWER	110
	HASH BROWNS	110	STEAMED PEAS AND CARROTS	87	FOCACCIA BREAD	150
E	BUTTERMILK PANCAKES	120	BROCCOLI & CAULIFLOWER MEDLEY	80		
S	BREAKFAST QUICHE					
D						
Α			PLATED ALTERNATIVE			
Υ			AHI POKE W/ SUSHI RICE	275		
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_	FRESH FRUIT	VARIES	AFRICAN AMERICAN HISTORY MONTH		SMOKED BABY BACK RIBS	418
T	CREAM OF WHEAT	110	MOROCCO HARIRA (LENTIL SOUP)	380	CHICKEN WINGS	400
Н	EGGS & OMELETS TO ORDER	VARIES	MOROCCO SHRIMP TAGINE	219	NEW ORLEAN'S DIRTY RICE	291
υ	BOILED EGGS	78	SOUTH AFRICA PERI-PERI CHICKEN	167	AU GRATIN POTATOES	328
R	BACON / SAUSAGE HOT LINKS	192 / 180	SOUTH AFRICA YELLOW RICE	200	BRAISED COLLARD GREENS	160
	HASH BROWNS	151	MOROCCO ROASTED VEGETABLES	120	GRILLED CORN ON THE COB	155
S	FRENCH TOAST W/ BUTTER & SYRUP	210	SOUTH AFRICA CHAKALAKA	85	HONEY BUTTER CORNBREAD	94
D	BREAKFAST SANDWICHES		SOUTH AFRICAN MEALIE BREAD	178		
Α			PLATED ALTERNATIVE			
Υ			MORROCCO LAMB AND COUCCOUS	220		
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	FRESH FRUIT	VARIES	SCALLOP & SHRIMP CHOWDER	301	ALICE SPRING CHICKEN BREASTS	440
	OATMEAL	158	MEDITERRANEAN SWORDFISH	216	GARLIC MASHED POTATOES	290
F	ASST. OATMEAL TOPPINGS	VARIES	MARINATED FLANK STEAK	350	BROWN MUSHROOM GRAVY	120
	EGGS & OMELETS TO ORDER	156	CREAMY POLENTA W/ BASIL OIL	300	BRAISED CARROTS & ONIONS	110
R	BOILED EGGS	78	ROASTED PEBBLE POTATOES	220	SWEET & SOUR NAPA CABBAGE	90
I	CHICKEN APPLE / SAUSAGE PATTIES	92/180	BROCCOLINI W/ CANDIED LEMON	121	BUTTERMILK BISCUITS	100
D	HASH BROWNS	151	CALIFORNIA BLEND VEGGIES	60		
A	BLUEBERRY PANCAKES	210	CAPTAINS PLATTER	VARIES		
Y	BREAKFAST BURRITOS					
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	FRESH FRUIT	VARIES	TORTILLA CHIPS W/ QUESO	VARIES	CHICKEN CURRY	341
s	HOT GRITS	142	SEASONED GROUND BEEF	120	JASMINE RICE	160
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	SCRAMBI ED EGGS	156	KEEKIEU BEANS	ו אול ן	VEGETARI E PATI THAT	1/1
4	SCRAMBLED EGGS BOILED EGGS	156 78	REFRIED BEANS ARROZ AMARII I O	218 180	VEGETABLE PAD THAI SESAME GARLIC FDAMAME	171 89
4	BOILED EGGS	78	ARROZ AMARILLO	180	SESAME GARLIC EDAMAME	89
A T	BOILED EGGS BACON / MAPLE PORK LINKS	78 192/185	ARROZ AMARILLO ROASTED PEPPERS & ONIONS	180 VARIES		89
A T U	BOILED EGGS	78	ARROZ AMARILLO	180	SESAME GARLIC EDAMAME	89
A T U R	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS	78 192/185 151	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS	180 VARIES VARIES	SESAME GARLIC EDAMAME	89
A T U R D	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS	78 192/185 151	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS	180 VARIES VARIES	SESAME GARLIC EDAMAME	89
SATURDA	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS	78 192/185 151	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS	180 VARIES VARIES	SESAME GARLIC EDAMAME	
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A T U R D A	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP	78 192/185 151 210	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA	180 VARIES VARIES VARIES	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE	89
ATURDA	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT	78 192/185 151 210 VARIES	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER	180 VARIES VARIES VARIES	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW	89 VARIES
ATURDA	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL	78 192/185 151 210 VARIES 110	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE	180 VARIES VARIES VARIES VARIES	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS	89 VARIES 420 443
A T U R D A Y	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL SCRAMBLED EGGS	78 192/185 151 210 VARIES 110 156	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/ BUTTER & SYRUP	180 VARIES VARIES VARIES VARIES 92 180	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS STEAK FRIES	420 443 365
α Γ	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL SCRAMBLED EGGS BOILED EGGS	78 192/185 151 210 VARIES 110 156 78	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED REUBENS	VARIES VARIES VARIES VARIES VARIES 92 180 420	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS STEAK FRIES DUNMURRY RICE	420 443 365 290
	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL SCRAMBLED EGGS BOILED EGGS TURKEY / PORK SAUSAGE LINKS	78 192/185 151 210 VARIES 110 156 78 92/180	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED REUBENS GARLIC PARMESAN FRENCH FRIES	VARIES VARIES VARIES VARIES VARIES 92 180 420 160	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS STEAK FRIES DUNMURRY RICE SAUTEED SQUASH	420 443 365 290 261
	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL SCRAMBLED EGGS BOILED EGGS TURKEY / PORK SAUSAGE LINKS HASH BROWNS	78 192/185 151 210 VARIES 110 156 78 92/180 151	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED REUBENS GARLIC PARMESAN FRENCH FRIES CAPRI BLEND VEGETABLES	VARIES VARIES VARIES VARIES VARIES 92 180 420 160 60	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS STEAK FRIES DUNMURRY RICE SAUTEED SQUASH STEAMED PEAS	420 443 365 290 261 103
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4 L J R D R L J R D R L J R D R L	BOILED EGGS BACON / MAPLE PORK LINKS HASH BROWNS FRENCH TOAST W/ BUTTER & SYRUP FRESH FRUIT OATMEAL SCRAMBLED EGGS BOILED EGGS TURKEY / PORK SAUSAGE LINKS HASH BROWNS	78 192/185 151 210 VARIES 110 156 78 92/180 151	ARROZ AMARILLO ROASTED PEPPERS & ONIONS TOMATOES / JALAPENOS SOUR CREAM / SALSA EGGS & OMELETS TO ORDER BACON / SAUSAGE WAFFLES W/ BUTTER & SYRUP GRILLED REUBENS GARLIC PARMESAN FRENCH FRIES CAPRI BLEND VEGETABLES	VARIES VARIES VARIES VARIES VARIES 92 180 420 160 60	SESAME GARLIC EDAMAME EGG ROLLS W/ DIPPING SAUCE IRISH LAMB STEW BATTERED COD FILLETS STEAK FRIES DUNMURRY RICE SAUTEED SQUASH STEAMED PEAS	420 443 365 290 261 103
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The Food Service Officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items no in stock or to permit the timely use of perishable foods. Assorted beverages, desserts, and breakfast pastries are available during meal service.

| Approved By: | Approv

Reviewed By:

CSC CSC E. S. SANCHEZ
Dining Facility Supervisor

Reviewed By:

CSCS N. E. Mogan
Food Service Officer

Captain M. M. Chong Commanding Officer