

Sandhills Cafeteria



Breakfast

Grab & Go

- Breakfast Sandwiches (Biscuits, Bagels with a variety of Breakfast Meats)
- Muffins, Pastries, Scones
- Fresh Fruit Cups
- Yogurt with granola and fresh fruit

Made To Order

- Eggs (scrambled, fried) Omelets
- Breakfast Meats (Bacon, Sausage and Ham)
- Breakfast Potatoes, Grits, Sausage Gravy
- Toast, Biscuits, Bagels
- Pancakes
- French Toast

Lunch

Grab & Go Hot Sandwiches

- Hamburger, Cheeseburger
- Grilled or Fried Chicken Sandwich
- BBQ Sandwich
- Veggie Burger

Add Condiments: Lettuce, Tomato, Pickles, Onion, Slaw

Made to Order Hot Sandwiches

- Grilled Cheese
- Ham & Cheese
- Turkey & Cheese
- Patty Melt, (American, Swiss, Provolone)
- Wedge Sandwiches

Cold Sandwiches

- Meats & Cheese
- Made from Scratch Chicken
- Tuna
- Egg Salad
- Pimento Cheese

French Fries

Made To Order Pizza

Salad, Bowls & Soup

Salad Bar

- Chopped Romaine and Mixed Baby Greens
- Cucumber, Tomato, Chopped Egg, Shredded Cheese
- Cottage Cheese, Beets, Fresh Fruit
- Seeds, Craisins, Croutons
- Broccoli Salad
- Quinoa Salad
- Pasta Salad

Assorted, made from scratch Dressings

Power Bowls

- Starch (Brown Rice, Quinoa, Cauliflower Rice, Ancient Grains)
- Assorted Vegetables (Spinach, Beans, Butternut Squash, Beets, Root Vegetables)
- Protein (grilled Chicken, Salmon, Hummus)
- Nut & Seeds

Vinaigrettes on the side

Seasonal Soups

- Vegetable
- Vegetable Beef
- Chicken Noodle
- Lentil and Vegetable
- Mushroom & Barley
- White Chicken Chili
- Chicken and Dumplings
- Tomato Parmesan
- Clam Chowder
- Italian Wedding Soup with Meatballs
- Brunswick Stew
- Chili

Desserts & Beverages

Desserts

- Fresh Baked Cookies
- Cakes
- Pies
- Cobblers
- Banana Pudding

Beverages

- Fountain Sodas, Fountain Lemonade & Fruit Punch
- Iced Tea (sweet and unsweet)
- Bottled Sports Drinks, Juices, Energy Drinks
- Milk