

FLORIDA SUNSHINE
INVITATIONAL 2025

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BOUNLESS

PRESENTED BY SODEXO

WEDNESDAY
06/25/2025

LUNCH

MARKET HOUSE SALAD LOADED W/ TOMATOES & CUCUMBERS & CARROTS
RANCH DRESSING & ITALIAN DRESSING
FRESH FRUIT SALAD(CUBED CANTALOUPE, PINEAPPLE, HONEYDEW MELON &
WATERMELON)
CHICKEN TENDERS
SPAGHETTI W/ MARINARA & MEAT SAUCE
ROASTED MEDITERRANEAN VEGETABLES
ROASTED RED BLISS POTATOES
CHOCOLATE CHIP COOKIES
LUSCIOUS LEMON BARS
**DRINKS WILL BE SODA MACHINES WITH WATER

DINNER

MARKET HOUSE SALAD LOADED W/ TOMATOES & CUCUMBERS & CARROTS
RANCH DRESSING & ITALIAN DRESSING
FRESH FRUIT SALAD(CUBED CANTALOUPE, PINEAPPLE, HONEYDEW MELON &
WATERMELON)
CHEESE QUESADILLA
TACO SEASONED BEEF
HARD SHELL & SOFT TORTILLAS
BLACK BEANS & RICE
ROASTED CARROTS
SOUR CREAM & DICED TOMATOES – ON THE SIDE
LEMON BLUEBERRY CAKE
SUGAR COOKIES
**DRINKS WILL BE SODA MACHINES WITH WATER

THURSDAY
06/26/2025

BREAKFAST

FRESH ORANGE SLICES SCRAMBLED EGGS & SAUSAGE
SCRAMBLED TOFU WHOLE WHEAT FRENCH TOAST
FRIED TATER TOTS PORK SAUSAGE LINKS
HOUSE BAKED BUTTERMILK BISCUITS
GLAZED DONUT HOLES
3 GALLONS OF REGULAR COFFEE
**DRINKS WILL BE SODA MACHINES WITH WATER

LUNCH

BOX LUNCH – ICE GYM (NOT BOUNDLESS)
TURKEY, HAM, VEGGIE WRAPS WITH CONDIMENTS ON SIDE
INCLUDES: ASSORTED CHIPS & COOKIE, BOTTLED WATER

DINNER

MARKET HOUSE SALAD LOADED W/ TOMATOES & CUCUMBERS & CARROTS
RANCH DRESSING & ITALIAN DRESSING
FRESH CUT PINEAPPLE & CANTALOUPE CHUNKS
CREAMY MAC N CHEESE BUTTERMILK FRIED CHICKEN
SOUTHERN GREEN BEANS OATMEAL RAISIN COOKIES
CHOCOLATE PUDDING
**DRINKS WILL BE SODA MACHINES WITH WATER



Included in Team Registration for
up to 10 Youth and 2 Coaches

FRIDAY
06/27/2025

BREAKFAST

FRESH PINEAPPLE CHUNKS

SCRAMBLED EGGS SCRAMBLED TOFU

PANCAKE BAR – SYRUP & BUTTER

HASH BROWN PATTY SMOKED HAM

HOUSE BAKED BUTTERMILK BISCUITS

BLUEBERRY YOGURT COFFEE CAKE

3 GALLONS OF REGULAR COFFEE

**DRINKS WILL BE SODA MACHINES WITH WATER



MIXED GREENS SALAD W/ TOMATOES & CUCUMBERS & CARROTS

RANCH DRESSING & ITALIAN DRESSING

FRESH CUT WATERMELON & PINEAPPLE

ALFREDO PASTA BOWL PASTA PRIMAVERA

ROASTED RED POTATOES MEDITERRANEAN VEGETABLES

GARLIC BREAD STICKS BUTTER SUGAR COOKIES RICE KRISPIE BAR

**DRINKS WILL BE SODA MACHINES WITH WATER

DINNER

MIXED GREENS SALAD W/ TOMATOES & CUCUMBERS & CARROTS

RANCH DRESSING & ITALIAN DRESSING FRESH FRUIT SALAD

(CUBES PINEAPPLE, CANTALOUPE & HONEYDEW MELON)

BBQ PULLED PORK SLIDER BUNS BAKED PENNE ALFREDO

BAKED BEANS ROASTED BROCCOLI & CORN

CREAM CHEESE SWIRL BROWNIE

CINNAMON & SUGAR CHURRO

**DRINKS WILL BE SODA MACHINES WITH WATER



Included in Team Registration for
up to 10 Youth and 2 Coaches

SATURDAY
06/28/2025

BREAKFAST

FRESH FRUIT CUPS

SCRAMBLED EGGS & SAUSAGE

SCRAMBLED TOFU

CINNAMON DONUT FRENCH TOAST

TRI COLORED POTATO HASH

BACON SLICES

HOUSE BAKED BUTTERMILK BISCUITS

BLACKBERRY CRULLER

3 GALLONS OF REGULAR COFFEE

**DRINKS WILL BE SODA MACHINES WITH WATER

LUNCH

MARKET HOUSE SALAD LOADED W/ TOMATOES & CUCUMBERS & CARROTS

RANCH DRESSING & ITALIAN DRESSING

FRESH CUT WATERMELON & PINEAPPLE

HONEY GINGER CHICKEN THIGH

FRIED BROWN RICE

SESAME GINGER GREEN BEANS

PEANUT BUTTER COOKIES

CREAM CHEESE SWIRL BROWNIE

**DRINKS WILL BE SODA MACHINES WITH WATER



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up to 10 Youth and 2 Coaches