



Menu Week 1

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY*
BREAKFAST	<i>Staff & DAY ONLY</i> Choice of Yogurt Assorted Bagels with Cream Cheese or Jelly Regular Milk	French Toast w/Side of Syrup Turkey Bacon Regular Milk	Turkey Sausage Patty, Egg & Cheese on Whole Grain English Muffin Regular Milk	Choice of Yogurt Assorted Muffins Regular Milk Choice of Cold Cereal	Pancakes w/syrup Turkey Sausage Regular Milk	Egg Patty on croissant with grits on the side Regular Milk	Turkey Sausage Breakfast Potatoes/Scrambled eggs Regular Milk
Vegetarian/Vegan	Plain Bagels with Jelly Oat Milk	Oatmeal with Choice of Fruit Oat Milk	Oat & Fruit Granola with Oat Milk	Choice of Cold Cereal Oat Milk	Vegan Pancakes /syrup Beyond Breakfast Sausage Oat Milk	Beyond Breakfast Sausage on croissant with grits Oat Milk	Beyond Breakfast Sausage Breakfast Potatoes Oat Milk
Gluten Free	Choice of Yogurt Gluten Free Bagel with Jelly Regular Milk	Oat Flour Pancakes w/syrup Turkey Bacon Regular Milk	Turkey Sausage Patty, Egg & Cheese on Gluten Free Roll Regular Milk	Choice of Cold Gluten Free Cereal Regular Milk	Oat Flour Pancakes w/syrup Turkey Sausage Regular Milk	Egg Patty on Gluten Free Roll with grits on side Regular Milk	Turkey Sausage Breakfast Potatoes/Scrambled eggs Regular Milk
All	Choice of Grapes or Apples or both Orange Juice	Melon Choice of Juice	Apples Choice of Juice	Cup of Sliced Oranges Choice of juice	Choice of Fruit Choice of Juice	Choice of Fruit Choice of Juice	Choice of Fruit Choice of Juice
<i>Cereal & Fruit Available Every day for Breakfast</i>							
LUNCH	Turkey & Cheese Hoagies Lettuce & Tomato Cole Slaw Chips, Fruit & Milk	Meatball Sandwiches Regular Milk	Baked Chicken Tenders Mac and Cheese Regular Milk	Pizza Brownies Regular Milk	Pulled BBQ Chicken Burritos Regular Milk	Chicken and Cheese Quesadillas on Whole Grain Tortilla Regular Milk	Wraps (turkey and cheese on separate platter) Regular Milk
Vegetarian/Vegan	Vegan Cheese Hoagie Vegan Cole Slaw Oat Milk	Vegan Meatball Sandwich Oat Milk	Impossible Chicken Tenders Oat Milk	Pizza with Vegan Cheese	Black Bean Burger Burritos Oat Milk	Cheese Quesadillas on Whole Grain Tortilla Oat Milk	Wraps (cheese) Oat Milk
Gluten Free	Turkey & Cheese Hoagie on Gluten Free Roll Cole Slaw RegularMilk	Bean Burger on Gluten Free Roll Regular Milk	Gluten Free Chicken Tenders Mac & Cheese Regular Milk	Gluten Free Pizza Regular Milk	Pulled BBQ Chicken on Gluten Free Roll Regular Milk	Chicken and Cheese Gluten Free Roll Regular Milk	Turkey and cheese on a gluten free roll. Regular Milk
All	Choice of Chips or Pretzels Choice of Fruit	Cucumbers & Carrots w/Choice of Dressing Choice of Fruit Chips	Cucumbers & Tomatoes with Dressing on the Side	Cucumbers & Carrots w/Choice of Dressing Choice of Fruit	Rice and Beans Waffle Fries Fruit	Side of Salsa Side of Sour Cream Lettuce and Tomato Choice of Juice	Macaroni Salad Lettuce Tomato



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DINNER	Spaghetti, meatballs Garlic bread Regular Milk	BBQ Chicken Rice/Green beans Dinner Rolls Ice Cream Regular Milk	Mike's Best Chicken Parmesan over Spaghetti with Marina Sauce on the Side Ice Cream Sandwiches Regular Milk	Roasted Turkey Mashed Potatoes Roll with Butter Big as Your Face Cookies Regular Milk	Cheese Ravioli with Mariana Sauce Garlic bread Regular Milk	Turkey Cheese burgers Lettuce & Tomato Baked Beans Corn on the Cob Ice Pops Regular Milk	Chicken Alfredo Broccoli Garlic Bread Salad w/Dressing Cake Regular Milk
Vegetarian/Vegan	Spaghetti with Vegan Meatballs Garlic bread Oat Milk	Impossible Chicken Rice/Green beans Dinner Roll Fruit Oat Milk	Mike's Best Impossible Chicken Vegan Parmesan over Spaghetti with Marina Sauce on the Side Freeze Pop Oat Milk	Impossible Chicken Roasted Potatoes Dinner Roll Vegan Cookies Oat Milk	Spaghetti Dinner Roll Oat Milk	Impossible Burger Oat Milk	Impossible Chicken Pasta with Vegan Parmesan Garlic Bread Freeze Pop Oat Milk
Gluten Free	Gluten Free Spaghetti & Gluten Free Meatballs Gluten Free Roll with Garlic Butter Regular Milk	BBQ Chicken Rice/Green beans Gluten Free Rolls Ice Cream Regular Milk	Mike's Best Chicken Parmesan Gluten Free Chicken Tend over Gluten Free Spaghetti Freeze Pop or Frozen GoGurt	Roasted Turkey Mashed Potatoes Gluten Free Roll with Butter Gluten Free Cookie Regular Milk	Gluten Free Spaghetti with Mariana Sauce Gluten Free Roll with Garlic butter Regular Milk	Turkey Cheese burgers on Gluten Free Roll Regular Milk	Chicken Alfredo Gluten free pasta Gluten free roll with Garlic Butter Regular Milk
All	Green Salad with dressing on the side Churros or Vegan & Gluten Free Enjoy Life Cookies	Rice Green beans	Corn Choice of Fruit	Roasted Broccoli	Green Salad with dressing on the side Strawberries	Lettuce & Tomato Baked Beans Corn on the Cob Freeze Pops	Broccoli Salad w/Dressing Cake
<i>Cereal Available Every Evening for Snack in Addition to the Scheduled Snack</i>							
SNACK	Cheezits or Gluten Free Vegan Enjoy Life Cookies Choice of Fruit Juice Milk	Choice of Chips, Pretzels, Popcorn and Bagged Cookies or Enjoy Life Cookies Choice of Fruit Juice	Choice of Chips, Pretzels, Popcorn and Bagged Cookies Choice of Fruit Juice Milk	Sun Chips Choice of Fruit Juice Milk	Soft Pretzels or Gluten Free Vegan Hard Pretzels Choice of Fruit Juice Milk	Regular Oreos (2 pks pp) or Enjoy Life Cookies Choice of Fruit Juice Milk	Churros or Vegan & Gluten Free Enjoy Life Cookies Choice of Fruit Juice Milk



Menu Week 2

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY*
BREAKFAST	Oatmeal Fruit and Yogurt Regular Milk	French Toast Sticks w/Side of Syrup Turkey Link Regular Milk	Croissant Turkey Bacon Regular Milk	Waffles Yogurt Regular Milk	Choice of Yogurt Assorted Muffins Choice of Cold Cereal Regular Milk		
Vegetarian/Vegan	Oat & Fruit Granola with Oat Milk	Oatmeal with Choice of Fruit Oat Milk	Oat & Fruit Granola with Oat Milk	Plain Bagels with Jelly Oat Milk	Choice of Cold Cereal Oat Milk		
Gluten Free	Oat & Fruit Granola with Regular Milk	Oat Flour Pancakes w/syrup Turkey Bacon Regular Milk	Oat & Fruit Granola with Regular Milk	Choice of Yogurt Gluten free bagel with Jelly Regular Milk	Choice of Cold Gluten Free Cereal Regular Milk		
All	Choice of Grapes or Apples or both Orange Juice	Melon Choice of Juice	Apples Choice of Juice	Cup of Sliced Oranges Choice of juice	Choice of Fruit Choice of Juice		
<i>Cereal & Fruit Available Every day for Breakfast</i>							
LUNCH	Turkey & Cheese Hoagies Lettuce & Tomato Pasta Salad Chips Regular Milk	Grilled Cheese Sandwich Tomato Soup Carrots & Celery Regular Milk	Baked Chicken Tenders Mac and Cheese Regular Milk	Pizza Brownies Regular Milk	Hot Dog on Whole Grain Bun Chips Regular Milk		
Vegetarian/Vegan	Vegan Cheese Hoagie Pasta Salad Oat Milk	Vegan Grilled Cheese Sandwich Tomato Soup Oat Milk	Impossible Chicken Tenders Oat Milk	Pizza with Vegan Cheese Oat Milk	Cheese Wrap Chips Oat Milk		
Gluten Free	Turkey & Cheese Hoagie on Gluten Free Roll Garden Salad RegularMilk	Gluten Free Grilled Cheese Sandwich Tomato Soup Regular Milk	Gluten Free Chicken Tenders Mac & Cheese Regular Milk	Gluten Free Pizza Regular Milk	Hot Dog on Gluten Fee Bun Chips Regular Milk		
All	Choice of Chips or Pretzels Choice of Fruit	Carrots & Celery w/Choice of Dressing Choice of Fruit Chips	Cucumbers & Tomatoes with Dressing on the Side	Cucumbers & Carrots w/Choice of Dressing Choice of Fruit	Baby Carrots with Ranch Dressing on the side Choice of Chips		



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DINNER	Spaghetti, meatballs Garlic bread Regular Milk	BBQ Chicken Rice/Green beans Dinner Rolls Ice Cream Regular Milk	Mike's Best Chicken Parmesan over Spaghetti with Marina Sauce on the Side Ice Cream Sandwiches Regular Milk	Roasted Turkey Mashed Potatoes Roll with Butter Big as Your Face Cookies Regular Milk	Cheese Ravioli with Mariana Sauce Garlic bread Regular Milk	Turkey Cheese burgers Lettuce & Tomato Baked Beans Corn on the Cob Ice Pops Regular Milk	Chicken Alfredo Broccoli Garlic Bread Salad w/Dressing Cake Regular Milk
Vegetarian/Vegan	Spaghetti with Vegan Meatballs Garlic bread Oat Milk	Impossible Chicken Rice/Green beans Dinner Roll Fruit Oat Milk	Mike's Best Impossible Chicken Vegan Parmesan over Spaghetti with Marina Sauce on the Side Freeze Pop Oat Milk	Impossible Chicken Roasted Potatoes Dinner Roll Vegan Cookies Oat Milk	Spaghetti Dinner Roll Oat Milk	Impossible Burger Oat Milk	Impossible Chicken Pasta with Vegan Parmesan Garlic Bread Freeze Pop Oat Milk
Gluten Free	Gluten Free Spaghetti & Gluten Free Meatballs Gluten Free Roll with Garlic Butter Regular Milk	BBQ Chicken Rice/Green beans Gluten Free Rolls Ice Cream Regular Milk	Mike's Best Chicken Parmesan Gluten Free Chicken Tend over Gluten Free Spaghetti Freeze Pop or Frozen GoGurt	Roasted Turkey Mashed Potatoes Gluten Free Roll with Butter Gluten Free Cookie Regular Milk	Gluten Free Spaghetti with Mariana Sauce Gluten Free Roll with Garlic butter Regular Milk	Turkey Cheese burgers on Gluten Free Roll Regular Milk	Chicken Alfredo Gluten free pasta Gluten free roll with Garlic Butter Regular Milk
All	Green Salad with dressing on the side Churros or Vegan & Gluten Free Enjoy Life Cookies	Rice Green beans	Corn Choice of Fruit	Roasted Broccoli	Green Salad with dressing on the side Strawberries	Lettuce & Tomato Baked Beans Corn on the Cob Freeze Pops	Broccoli Salad w/Dressing Cake
<i>Cereal Available Every Evening for Snack in Addition to the Scheduled Snack</i>							
SNACK	Cheezits or Gluten Free Vegan Enjoy Life Cookies Choice of Fruit Juice Milk	Choice of Chips, Pretzels, Popcorn and Bagged Cookies or Enjoy Life Cookies Choice of Fruit Juice	Choice of Chips, Pretzels, Popcorn and Bagged Cookies Choice of Fruit Juice Milk	Sun Chips Choice of Fruit Juice Milk	Soft Pretzels or Gluten Free Vegan Hard Pretzels Choice of Fruit Juice Milk	Regular Oreos (2 pks pp) or Enjoy Life Cookies Choice of Fruit Juice Milk	Churros or Vegan & Gluten Free Enjoy Life Cookies Choice of Fruit Juice Milk