

The Learning Center, Breakfast



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
Breakfast Sandwich Sliders Tropical Parfait Mini Pancakes Bagel with Cream Cheese	Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Mini Pancakes Bagel with Cream Cheese	Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	Hawarm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
Breakfast Sandwich Sliders Tropical Parfait Mini Pancakes Bagel with Cream Cheese	Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	24 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Mini Pancakes Bagel with Cream Cheese	26 Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	28 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	30 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	



ECC, Breakfast



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				Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	2 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	3
4	Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	6 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	7 Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	9 Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	10
11	Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	14 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	16 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	17
18	19					24
25	Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	28 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	30 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	

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The Learning Center, Lunch



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 	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Choose One Grilled Ham & Cheese or Black Bean Burger or Egg Salad Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Burrito Bowl w/ Beef or Vegan Crumble or Roasted Veggie Sub or Loaded Italian Sub Black Beans Seasoned Corn Garden Salad	Beefy Macaroni and Cheese or Vegan Nuggets or Crispy Chicken Wrap Roasted Broccoli Cooked Carrot Wheels Garden Salad
Ve	thicken Quesadilla or egetable Quesadilla Black Beans in and Tomato Salad Tomato Soup	Choose One Teriyaki Chicken & Rice Bowl or Hummus Bento Box or Chicken Salad Sandwich Broccoli Celery Sticks	Choose One Steak and Cheese Sub W/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baby Carrots Snap Peas	7 Choose One Mozzarella Stick Basket w/ Marinara Dip or Vegan Italian Sub or American Sub Tater Tots Roasted Chicpeas Cucumber Wheels	Choose One Crispy Chicken Tenders or Vegan Nuggets or Ham and Cheese Sub Crinkle Cut Fries Carrot Sticks	Choose One Ham and Cheese Calzone or Broccoli and Cheese Calzone or Loaded Italian Sub Garden Salad Celery Stick Cucumber Wheels	Crispy Chicken Drumsticks or Yogurt Bento Box or American Sub Sweet Potato Fries Roasted Cauliflower Three Bean Salad
Wa Ha	Cheese Burger or or arm Roasted Veggie Sub or am and Cheese Sub Roasted Butternut Squash Baby Carrots Potato Chips	Choose One Mac & Cheese w/ Breadstick or Black Bean Burger or Ham and Cheese Sub Broccoli Florets Cherry Tomatoes	Choose One BBQ Chicken Calzone or Broccoli and Cheese Calzone or Loaded Italian Sub Garden Salad Cherry Tomatoes Cucumber Wheels	Choose One Burrito Bowl W/ Beef or Vegan Crumble or Vegan Meatball Sub or Loaded Italian Sub Black Beans Seasoned Corn Garden Salad	Choose One Chicken Salad Sandwich or Egg Salad Sandwich or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baby Carrots Snap Peas	Mozzarella Sticks Corndog Nuggets Mac & Cheese Bites Marinera Sauce Side Salad
	18	19	20	21	22	23	24
An	merican Chop Suey or	<mark>Choose One</mark> Meatball Parmesan Sub or	<mark>Choose One</mark> Buffalo Chicken Dip or	<mark>Choose One</mark> Hot Dog or	<mark>Choose One</mark> Chicken & Waffles or	<mark>Choose One</mark> Pepperoni Pizza or	Indoor BBQ Cheeseburger, Hot Dog or
	American Sub basted Green Beans Broccoli Florets Baby Carrots	Vegan Meatball Sub or Turkey and Cheese Sub Tater Tots Cherry Tomatoes Cucumber Wheels	Spinach and Artichoke Dip W/ Whole Grain Tortilla Chips or Chicken Salad Sandwich Carrot and Celery Sticks	Black Bean Burger or Crispy Chicken Wrap Seasoned Corn Baby Carrots w/ Ranch Potato chips	Greek Hummus Wrap or Turkey and Cheese Sub Cherry Tomatoes Celery Sticks	Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	Veggie Patty or Crispy Chicken Wrap Homestyle Baked Beans Cole Slaw Corn on the Cob
Ha	25 spy Chicken Nuggets or Vegan Nuggets or am and Cheese Sub Crinkle Cut Fries Carrot Sticks	Choose One Chicken Caesar Salad or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	Choose One Homemade Meatloaf or Hummus Bento Box or Ham and Cheese Sub Mashed Potatoes Garlic Roasted Green Beans Carrot Sticks	Choose One Chicken Pot Pie W/ Freshly Baked Biscuit or American Sub Garden Peas Cut Carrots Cucumber Wheels	Choose One Hand Pulled BBQ Pork Sandwich or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Homestyle Baked Beans Carrot Sticks	



ECC, Lunch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Choose One Grilled Ham & Cheese or Black Bean Burger or Egg Salad Sandwich Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Burrito Bowl w/ Beef or Vegan Crumble or Roasted Veggie Sub or Turkey & Cheese Sandwich Black Beans Seasoned Corn Garden Salad	3
4	Choose One Teriyaki Chicken & Rice Bowl or Hummus Bento Box or Chicken Salad Sandwich Broccoli Celery Sticks	Choose One Mac & Cheese or Warm Roasted Provencal Sub or Turkey and Cheese Sandwich Crinkle Fries Baby Carrots Snap Peas	Choose One Mozzarella Stick Basket w/ Marinara Dip or Vegan Italian Sub or Ham & Cheese Sandwich Tater Tots Roasted Chicpeas Cucumber Wheels	Choose One Crispy Chicken Tenders or Vegan Nuggets or Ham and Cheese Sandwich Crinkle Cut Fries Carrot Sticks	Grilled Ham & Cheese or Grilled Cheese or Turkey & Cheese Sandwich Garden Salad Celery Stick Cucumber Wheels	10
11	Choose One Mac & Cheese w/ Breadstick or Black Bean Burger or Ham and Cheese Sandwich Broccoli Florets Cherry Tomatoes	Choose One Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	Choose One Chicken & Waffles or Greek Hummus Wrap or Turkey and Cheese Sub Cherry Tomatoes Celery Sticks	Choose One Chicken Salad Sandwich or Egg Salad Sandwich or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Breakfast for Lunch or Yogurt Bento Box or Italian Sandwich Black Beans Seasoned Corn Garden Salad	17
18	19			22		24
25	Choose One Chicken Caesar Salad or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	Choose One Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	Choose One Grilled Ham & Cheese or Grilled Cheese or Turkey & Cheese Sandwich Garden Salad Celery Stick Cucumber Wheels	Choose One Crispy Chicken Sandwich or Hummus Bento Box or Ham and Cheese Sandwich Crinkle Fries Broccoli Florets Corn	Choose One Hand Pulled BBQ Pork Sandwich or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Homestyle Baked Beans Carrot Sticks	

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The Learning Center, Dinner



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	BBQ Pork Mac & Cheese Corn Bread Roasted Broccoli	Chicken Marsala Garlic Mashed Potatoes Roasted Mushrooms Roasted Broccoli Freshly Baked Dinner Roll
Cheese Manicotti Homemade Meat Sauce Garden Salad Green Beans Freshly Baked Garlic Bread	Broccoli Stuffed Chicken/Vegan Nuggets Garlic Mashed Potato Roasted Broccoli Italian Seasoned Breadstick	Chicken Broccoli Alfredo Penne Pasta Garden Peas Freshly Baked Garlic Bread	7 Italian Sausage Stir Fry or Vegan Italian Sausage w/ Roasted Peppers, Onions and Mushrooms Jasmine Rice	8 Beef or Bean Enchiladas Cheese, Sour Cream and Salsa Verde Black Beans	9 Korean BBQ Beef Vegetable Lo Mein Matchstick Carrots Fresh Snap Peas Vegetable Egg Roll	Tacos Chicken, Beef or Beans Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole
Mozzarella Sticks Corndog Nuggets Mac & Cheese Bites Marinera Sauce Side Salad	Chicken Kiev/Vegan Nuggets Jasmin Rice Roasted Corn	Homemade Lasagna Garden Salad Roasted Cauliflower Freshly Baked Garlic Bread Black Bean Burger w/ Sweet potato Fries	Macaroni and Cheese w/ Chicken and Bacon Green Beans Roasted Tomatoes Freshly Baked Dinner Roll Vegan Italian Sausage Sub w/ veggies	Zesty Italian Stromboli Garden Salad Carrot Sticks Celery Sticks Ranch	Slow Roasted Beef w/ Au Jour Glazed Carrots Baked Potato Celery Sticks Italian Seasoned Breadstick	Stir Fried Kielbasa Cheese and Potato Pergogis Stir Fried Broccoli and Green Beans Freshly Baked Dinner Roll
Chicken Teriyaki or Vegan Nugget Teriyaki w/ Not-So-Fried Rice or Ham and Cheese Sub Asian Mixed Vegetables Carrot Sticks Broccoli Florets	Corned Beef Jasmine Rice Yellow Plantains Corn	Italian Sausage or Vegan Nuggets w/ Roasted Peppers, Onions and Mushrooms Sweet Potato Fries	21 Grilled Chicken Scampi Spaghetti in Olive Oil and Garlic Blistered Tomatoes Sautéed Spinach	Sloppy Joe or Jane w/ Bread or Tortilla Chips Crinkle Fries Baked Beans Cole Slaw	Beef Stew Oven Roasted Potato Roasted Carrots Garden Peas Freshly Baked Biscuit	Pork Chops Rice and Beans Mixed Vegetables Green Plantains
Roast Pork Mashed Potatoes Sautéed Swiss Chard Maple Glazed Carrots Freshly Baked Biscuit	Cheese Ravioli Homemade Meat Sauce or Marinara Garlic Sautéed Spinach Antipasto Garden Salad Freshly Baked Garlic Bread	Beef and Broccoli Oven Roasted Potatoes Egg Noodles Homemade Gravy Freshly Baked Dinner Roll	28 Shredded Roasted Turkey Pasta Salad Cole Slaw Potato Salad Homemade Cheddar Cornbread	Burrito Bowl Chicken, Pork or Beans Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole	30 Rotisserie Chicken Choice of White or Dark Cut Rice Pilaf Roasted Brussel Sprouts	