

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	2 Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	3 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	4 French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	5 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
6 Breakfast Sandwich Sliders Mini Pancakes Bagel with Cream Cheese	7 Warm Strawberry Guava Flip Mini Pancakes Bagel with Cream Cheese	8 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	9 Breakfast Burritos with Salsa Mini Pancakes Bagel with Cream Cheese	10 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	11 Whole Grain Waffles Sausage Links Mini Pancakes Bagel with Cream Cheese	12 Cheesy Scrambled Eggs and Whole Grain Toast Mini Pancakes Bagel with Cream Cheese
13 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese	14 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	15 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	16 Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	17 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	18 French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	19 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
20 Breakfast Sandwich Sliders Mini Pancakes Bagel with Cream Cheese	21 Warm Strawberry Guava Flip Mini Pancakes Bagel with Cream Cheese	22 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	23 Breakfast Burritos with Salsa Mini Pancakes Bagel with Cream Cheese	24 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	25 Whole Grain Waffles Sausage Links Mini Pancakes Bagel with Cream Cheese	26 Cheesy Scrambled Eggs and Whole Grain Toast Mini Pancakes Bagel with Cream Cheese
27 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese	28 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	30 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Grilled Ham & Cheese or Black Bean Burger Crinkle Fries Broccoli Florets	31 BBQ Hot Dogs Burgers Black Bean Burger (V) Potato Salad (V) Macaroni Salad Potato Chips	1 Choose One Mac & Cheese w/ Breadstick or Vegan Sausage Sub or Turkey and Cheese Sandwich Broccoli Florets Cherry Tomatoes	2 Choose One Chicken & Waffles or Eggplant Parm Sandwich or Ham & Cheese Sandwich Tater Tots Cucumber Wheels	3 Choose One Cheeseburger or Black Bean Burger or Turkey & Cheese Sandwich Seasoned Corn Black Beans	4 Choose One Pepperoni Pizza or Cheese Pizza or Ham & Cheese Sandwich Cucumber Wheels (Pizza is avail on cauliflower crust with vegan cheese also)	5 Cheese Burger or Black Bean Burger Mixed Veggies Baby Carrots Potato Chips
6 Chicken Quesadilla or Vegetable Quesadilla Black Beans Garden Salad - Tomato Soup	7 Choose One Crispy Chicken Tenders or Vegan Nuggets or Turkey & Cheese Sandwich Crinkle Cut Fries Seasoned Veggies	8 Choose One Spaghetti and Meat Sauce or Warm Roasted Provencal Pocket or Turkey and Cheese Sandwich Seasoned Mixed Veggies	9 Choose One Chicken Pot Pie w/ Freshly Baked Biscuit Or Cauliflower Rice & Vegan Nuggets or Ham & Cheese Sandwich Cut Carrots Cucumber Wheels	10 Choose One Mozzarella Stick Basket w/ Marinara Dip or Vegan Sausage Sub or Ham & Cheese Sandwich Tater Tots Roasted Chickpeas	11 Choose One Classic Cheese Burger or Black Bean Burger Or Turkey & Cheese Sandwich Mixed Veggies Baby Carrots Potato Chips	12 Crispy Chicken Drumsticks or Breaded Eggplant Sweet Potato Fries Roasted Veggies
13 Grilled Ham & Cheese or Black Bean Burger Crinkle Fries Broccoli Florets	14 Choose One Sloppy Joe or Sloppy Jane (Vegan) or Turkey and Cheese Sandwich Broccoli Florets Cherry Tomatoes	15 Choose One Popcorn Chicken Bowl or Vegan Nugget Bowl or Turkey & Cheese Sandwich Garden Salad Seasoned Corn Cucumber Wheels	16 Choose One Chicken Salad Sandwich or Egg Salad Sandwich or Ham and Cheese Sandwich Crinkle Fries Mixed Veggies Cherry Tomatoes	17 Choose One Crispy Chicken Sandwich or Vegan Nugget Sandwich or Turkey and Cheese Sandwich Tater Tots Cherry Tomatoes Cucumber Wheels	18 Choose One Cheese Pizza or Pepperoni Pizza or Ham & Cheese Sandwich Fries Homestyle Baked Beans (Pizza is avail on cauliflower crust with vegan cheese also)	19 Crispy Chicken Sandwich or Crispy Vegan Nugget Sandwich Tater Tots Mixed Veggies
20 Chicken Quesadilla or Vegetable Quesadilla Black Beans Garden Salad - Tomato Soup	21 Choose One Hand Pulled BBQ Pork Sandwich or Warm Roasted Provencal Sub or Turkey and Cheese Sub Homestyle Baked Beans Carrot Sticks	22 Choose One Mac & Cheese w/ Breadstick or Turkey and Cheese Sandwich Broccoli Florets Cherry Tomatoes	23 Choose One Cheeseburger or Black Bean Burger or Ham & Cheese Sandwich Seasoned Corn Baby Carrots Potato chips	24 Choose One Crispy Chicken Sandwich or Greek Hummus Wrap or Turkey and Cheese Sub Cherry Tomatoes Celery Sticks	25 Choose One Classic Cheese Burger or Black Bean Burger Or Turkey & Cheese Sandwich Mixed Veggies Baby Carrots Potato Chips	26 Crispy Chicken Nuggets or Vegan Nuggets Crinkle Cut Fries Carrot Sticks
27 BBQ Crispy Chicken Sandwich or Turkey and Cheese Sub French Fries Mixed Veggies	28 Choose One Chicken Caesar Salad or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	29 Choose One Soft Beef Tacos or Soft Vegan Tacos or Turkey & Cheese Sandwich Garden Salad Cucumber Wheels	30 Choose One Chicken Nuggets Or Eggplant Parm Sandwich or Ham & Cheese Sub Garden Peas Cut Carrots Cucumber Wheels			

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		1 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	2 Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	3 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	4 French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	5 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
6 Breakfast Sandwich Sliders Mini Pancakes Bagel with Cream Cheese	7 Warm Strawberry Guava Flip Mini Pancakes Bagel with Cream Cheese	8 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	9 Breakfast Burritos with Salsa Mini Pancakes Bagel with Cream Cheese	10 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	11 Whole Grain Waffles Sausage Links Mini Pancakes Bagel with Cream Cheese	12 Cheesy Scrambled Eggs and Whole Grain Toast Mini Pancakes Bagel with Cream Cheese
13 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese	14 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	15 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	16 Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	17 Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	18 French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	19 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese
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27 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Mini Pancakes Bagel with Cream Cheese	28 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	30 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	Warm Cinnamon Rolls Mini Pancakes Bagel with Cream Cheese	Ham, Egg and Cheese or Egg and Cheese on English Muffin Mini Pancakes Bagel with Cream Cheese	French Toast Sticks Hash Brown Rounds Mini Pancakes Bagel with Cream Cheese	Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mini Pancakes Bagel with Cream Cheese

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Grilled Ham & Cheese or Black Bean Burger Crinkle Fries Broccoli Florets	31 BBQ Hot Dogs Burgers Black Bean Burger (V) Potato Salad (V) Macaroni Salad Potato Chips	1 Choose One Mac & Cheese w/ Breadstick or Vegan Sausage Sub or Turkey and Cheese Sub Broccoli Florets Cherry Tomatoes	2 Choose One Chicken & Waffles or Eggplant Parm Sandwich or Ham & Cheese Sub Tater Tots Cucumber Wheels	3 Choose One Hot Dog or Black Bean Burger or Crispy Chicken Wrap Seasoned Corn Black Beans	4 Choose One Pepperoni Pizza or Cheese Pizza or Ham & Cheese Sandwich Cucumber Wheels (Pizza is avail on cauliflower crust with vegan cheese also)	5 Cheese Burger or Black Bean Burger Mixed Veggies Baby Carrots Potato Chips
6 Chicken Quesadilla or Vegetable Quesadilla Black Beans Garden Salad Tomato Soup	7 Choose One Crispy Chicken Tenders or Vegan Nuggets or Turkey & Cheese Sub Crinkle Cut Fries Seasoned Veggies	8 Choose One Spaghetti and Meat Sauce or Warm Roasted Provencal Pocket or Turkey and Cheese Sub Seasoned Mixed Veggies	9 Choose One Chicken Pot Pie w/ Freshly Baked Biscuit Or Cauliflower Rice & Vegan Nuggets or American Sub Cut Carrots Cucumber Wheels	10 Choose One Mozzarella Stick Basket w/ Marinara Dip or Vegan Sausage Sub or Ham & Cheese Sandwich Tater Tots Roasted Chickpeas	11 Choose One Classic Cheese Burger or Black Bean Burger Or Turkey & Cheese Sandwich Mixed Veggies Baby Carrots Potato Chips	12 Crispy Chicken Drumsticks Or Breaded Eggplant Sweet Potato Fries Roasted Veggies
13 Grilled Ham & Cheese or Black Bean Burger Crinkle Fries Broccoli Florets	14 Choose One Sloppy Joe or Sloppy Jane (Vegan) or Turkey and Cheese Sub Broccoli Florets Cherry Tomatoes	15 Choose One Popcorn Chicken Bowl or Vegan Nugget Bowl or Turkey & Cheese Sub Garden Salad Seasoned Corn Cucumber Wheels	16 Choose One Chicken Salad Sandwich or Egg Salad Sandwich or Ham and Cheese Sub Crinkle Fries Mixed Veggies Cherry Tomatoes	17 Choose One Meatball Parmesan Sub or Vegan Meatball Sub or Turkey and Cheese Sub Tater Tots Cherry Tomatoes Cucumber Wheels	18 Choose One Cheese Pizza or Pepperoni Pizza or Ham & Cheese Sandwich Fries Homestyle Baked Beans (Pizza is avail on cauliflower crust with vegan cheese also)	19 Crispy Chicken Sandwich Or Crispy Vegan Nugget Sandwich Tater Tots Mixed Veggies
20 Chicken Quesadilla or Vegetable Quesadilla Black Beans Garden Salad Tomato Soup	21 Choose One Hand Pulled BBQ Pork Sandwich or Warm Roasted Provencal Sub or Turkey and Cheese Sub Homestyle Baked Beans Carrot Sticks	22 Choose One Buffalo Chicken Dip or Spinach and Artichoke Dip w/ Whole Grain Tortilla Chips or Chicken Salad Sandwich Carrot and Celery Sticks	23 Choose One Hot Dog or Black Bean Burger or Crispy Chicken Wrap Seasoned Corn Baby Carrots w/ Ranch Potato chips	24 Choose One Crispy Chicken Sandwich or Greek Hummus Wrap or Turkey and Cheese Sub Cherry Tomatoes Celery Sticks	25 Choose One Classic Cheese Burger or Black Bean Burger Or Turkey & Cheese Sandwich Mixed Veggies Baby Carrots Potato Chips	26 Crispy Chicken Nuggets or Vegan Nuggets Crinkle Cut Fries Carrot Sticks
27 BBQ Crispy Chicken Sandwich or Turkey and Cheese Sub French Fries Mixed Veggies	28 Choose One Chicken Caesar Salad or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	29 Choose One Soft Beef Tacos or Soft Vegan Tacos or Turkey & Cheese Sandwich Garden Salad Cucumber Wheels	30 Choose One Teriyaki Chicken w/Lo Mein Noodles Or Eggplant Parm Sandwich or Ham & Cheese Sub Garden Peas Cut Carrots Cucumber Wheels			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 BBQ Grilled Chicken Steak, Peppers & Onion Kebobs Vegan Chicken Potato Salad (Vegan) Corn on Cobb	31 Stir Fry Kielbasa Vegan Sausage White Rice Mixed Veggies	1 Broccoli Stuffed Chicken Breaded Eggplant Mashed Potatoes Carrots	2 Meat or Veggie Lasagna Vegan Lasagna Garden Salad Freshly Baked Garlic Bread	3 Baked Ham Vegan Nugget Roasted Red Potatoes Mixed Vegetables	4 Pesto Tortellini w/ Chicken Vegan Pesto Gnocci Roasted Squash Dinner Roll	5 Chicken & Rice Stuffed Peppers Vegan Crumble & Rice Stuffed Pepper Garlic Bread
6 Chicken Broccoli Alfredo Vegan Broccoli Alfredo Pasta Freshly Baked Garlic Bread	7 BBQ Cauliflower & Pineapple Pizza Tofu BBQ Pineapple Pizza (V) Garden Salad	8 Homemade Meatloaf Vegan Meatballs Mashed Potatoes Garlic Roasted Green Beans	9 Corned Beef Vegan Crumbles Jasmine Rice Yellow Plantains Corn	10 Beef or Bean Enchiladas (Vegan Enchilada) Cheese, Sour Cream and Salsa Verde Black Beans	11 Kung Pow Beef Or Kung Pow Tofu Vegetable Lo Mein Matchstick Carrots Fresh Snap Peas Vegetable Egg Roll	12 Meatball Parmesan Sub or Vegan Meatball Sub Tater Tots Broccoli
13 Sloppy Joe or Jane w/ Bread or Tortilla Chips Crinkle Fries Baked Beans Cole Slaw	14 Chicken Kiev/Vegan Nuggets Jasmin Rice Roasted Corn	15 Steak & Cheese Sub Roasted Peppers, Onions & Mushroom Roasted Veggie Sub (V) Fries Carrots & Celery	16 Macaroni and Cheese Or Breaded Eggplant w/ GF Pasta Green Beans Freshly Baked Dinner Roll	17 Beef Tacos Or Vegan Chorizo Taco Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole	18 BBQ Pork Mac & Cheese Corn Bread Roasted Broccoli	19 Stir Fried Kielbasa Vegan Sausage Cheese and Potato Pergogis Broccoli & Carrots
20 Chicken Teriyaki or Vegan Nugget Teriyaki w/ Not-So-Fried Rice Asian Mixed Vegetables	21 Corned Beef Jasmine Rice Yellow Plantains Corn	22 Italian Sausage or Vegan Sausage w/ Roasted Peppers, Onions and Mushrooms Sweet Potato Fries	23 Herb Roasted Turkey Or Black Bean Burger Pasta Salad Cole Slaw Cornbread	24 Mozzarella Sticks Corn dog Mac & Cheese Bites Vegan Ital Sausage w/ Plantains Marinera Sauce Side Salad	25 Slow Roasted Beef Vegan Beef Crumbles Glazed Carrots Potato Hash Italian Seasoned Breadstick	26 French Bread Cheese Pizza Or French Bread Pepperoni Pizza French Fries
27 Popcorn Chicken Bowl or Vegan Nugget Bowl Seasoned Corn Cucumber Wheels	28 Broccoli Stuffed Chicken or Breaded Eggplant Mashed Potato Carrots	29 Beef and Broccoli Oven Roasted Potatoes Egg Noodles Homemade Gravy Freshly Baked Dinner Roll	30 Roast Pork Vegan Chicken Mashed Potatoes Mixed Vegetables			