

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	2 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	3 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	4 Breakfast Sandwich Sliders Strawberry Banana Parfait Mini Pancakes Bagel with Cream Cheese
5 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	6 Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	7 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	8 Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	9 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	10 Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	11 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Strawberry Banana Parfait Mini Pancakes Bagel with Cream Cheese
12 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese	13 Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	14 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	15 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	16 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	17 French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	18 Breakfast Sandwich Sliders Strawberry Banana Parfait Mini Pancakes Bagel with Cream Cheese
19 Breakfast Pizza Mini Pancakes Bagel with Cream Cheese	20 Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	21 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	22 Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	23 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	24 Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	25 Breakfast Tacos w/ Eggs, Cheese, Scallions, Salsa and Jalapenos Strawberry Banana Parfait Mini Pancakes Bagel with Cream Cheese
26 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese	27 Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	28 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	29 Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	30 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Shepherd's Pie or Hummus Wrap or Chicken Salad Sandwich Corn and Mashed Potatoes Celery Sticks	2 Chicken Teriyaki or Vegan Nugget Teriyaki w/ Not-So-Fried Rice or Ham and Cheese Sub Asian Mixed Vegetables Carrot Sticks	3 Chicken Parmesan Sub or Veggie Burger or Turkey and Cheese Sub Tater Tots Cherry Tomatoes Cucumber Wheels	4 American Chop Suey or Baked Penne Broccoli Florets Baby Carrots
5 Rotisserie Chicken or Vegan Nuggets Jasmine Rice Cherry Tomatoes Cucumber Wheels	6 Marinara Meatballs w/ Penne Pasta or Sub Roll or Meatless Balls w/ GF Pasta or GF Sub or Crispy Chicken Wrap Carrot Coins Cobb Salad	7 Crispy Chicken Bowl w/ Mashed Potatoes or Vegan Nugget Bowl or Turkey and Cheese Sub Corn Broccoli Florets Pepper Strips Cobb Salad	8 Chicken Quesadilla or Vegetable Quesadilla or Chicken Salad Sandwich Black Beans Corn and Tomato Salad Cobb Salad	9 Homemade Meatloaf w/ Mashed Potatoes or Hummus Bento Box or Ham and Cheese Sub Garlic Roasted Green Beans Carrot Sticks Cobb Salad	10 BYO Burger Bar 100% Beef Patty or Veggie Patty or Baja Fish Sandwich or Loaded Italian Sub Crinkle Fries Roasted Mushrooms Garden Salad Cobb Salad	11 Meat Lasagna or Veggie Lasagna Dinner Roll Italian Green Beans Cucumber Wheels Cobb Salad
12 Chicken Tender Bar w/ Buffalo, BBQ or Ranch Dipping Sauces or Vegan Nuggets Crinkle Fries Carrot and Celery Sticks	13 Chicken Penne Alfredo or GF Penne Alfredo or Egg Salad Sandwich Italian Roasted Broccoli Cherry Tomatoes Greek Salad	14 BBQ Pulled Pork Sandwich or Warm Roasted Veggie Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baked Beans Greek Salad	15 Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels Greek Salad	16 Chicken or Fish Filet Sandwich or Greek Hummus Wrap or Ham and Cheese Sub French Fries Carolina Slaw Greek Salad	17 Orange Chicken or Orange Vegan Nuggets w/ Lo Mein, Veggie Egg Roll or Loaded Italian Sub Ginger Carrots Broccoli Florets Greek Salad	18 Chicken Pot Pie or Vegan Nugget Pot Pie w/ Freshly Baked Biscuit Garden Peas Baby Carrots
19 Cuban Sandwich or Grilled Cheese Roasted Vegetable Medley Tater Tots Celery Sticks	20 Mozzarella Stick Basket w/ Marinara Dip or Yogurt Bento Box or American Sub Tater Tots Roasted Broccoli Cucumber Wheels Garden Salad	21 Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baby Carrots Garden Salad	22 Chicken Piccata w/ Mashed Potatoes or Hummus Bento Box or Chicken Salad Sandwich Garden Peas Pepper Strips Garden Salad	23 Burrito Bowl w/ Beef or Veggie Crumble or Greek Hummus Wrap or Loaded Italian Sub Black Beans Seasoned Corn Garden Salad	24 Roasted Turkey w/ Mashed Potatoes or Warm Roasted Provencal Sub or Ham and Cheese Sub Roasted Butternut Squash Cranberry Sauce Garden Salad	25 Homemade Beef Chili or Vegetarian Chili w/ Whole Grain Tortilla Chips Hummus Cup Carrots and Celery
26 Beefy Macaroni and Cheese or Macaroni and Cheese Roasted Broccoli Cooked Carrot Wheels Garden Salad	27 Potato Bar Choice of Tater Tots or Baked Potato w/ Taco Beef, Black Beans, Cheese, Scallions, Sour Cream and Bacon or Egg Salad Sandwich Garden Salad (This can Vegan also) Caesar Salad	28 Hand Carved Spiral Ham w/ Mashed Potatoes or Greek Hummus Wrap or Turkey and Cheese Sub Green Beans Celery Sticks Caesar Salad	29 Buffalo Chicken Dip or Spinach and Artichoke Dip w/ Whole Grain Tortilla Chips or Chicken Salad Sandwich Carrot and Celery Sticks Caesar Salad	30 Deli Bar w/ Choice of Meat, Cheese and Bread or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes Caesar Salad		

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			1 Corned Beef Jasmine Rice Yellow Plantains Corn	2 Cheese Manicotti Homemade Meat Sauce Garden Salad Green Beans Freshly Baked Garlic Bread	3 Stir Fried Kielbasa Cheese and Potato Pergogis Broccoli and Carrots Freshly Baked Dinner Roll	4 Cilantro Lime Chicken or Tofu Spanish Rice Black Beans Cucumber Wheels
5 Last Outside BBQ of the summer!	6 Kung Pao Beef or Vegan Beefless Tips Pineapple Fried Rice Asian Stir Fried Vegetables	7 Mozzarella Sticks Corn dog Nuggets Mac & Cheese Bites Marinera Sauce Side Salad	8 Italian Sausage Stir Fry or Vegan Sausage Stir Fry w/ Roasted Peppers, Onions and Mushrooms Jasmine Rice	9 Grilled Chicken Sandwich Or Vegan Chick'n Sandwich Raw Broccoli & Carrots w/ Ranch	10 Macaroni and Cheese w/ Chicken, Bacon Sauteed Green Beans & Tomatoes Freshly Baked Dinner Roll	11 Sloppy Joe or Jane w/ Bread or Tortilla Chips Crinkle Fries Baked Beans Cole Slaw
12 Baked Honey Ham Mashed Potatoes Collard Greens Maple Glazed Carrots Freshly Baked Biscuit	13 Battered Fish And Chips Lemon Wedge Tarter Sauce Gluten Free & Vegan Available	14 Teriyaki Chicken Pot stickers Cheesesteak Eggrolls Falafel Bites Side Salad	15 Pork Chops Rice and Beans Mixed Vegetables Sweet Plantains	16 Mexican Lasagna Garden Salad Roasted Cauliflower Freshly Baked Garlic Bread	17 Beef or Bean Enchiladas Cheese, Sour Cream and Salsa Verde Black Beans	18 Beef and Broccoli Egg Noodles Homemade Gravy Freshly Baked Dinner Roll
19 Chicken Broccoli Alfredo Penne Pasta Garden Peas Freshly Baked Garlic Bread	20 Roasted Chicken Thighs Curry Vegetable Rice Lightly Seasoned Brussel Sprouts	21 Pesto Tortellini Or GF Pesto Pasta Grilled Chicken Mixed Veggies	22 Tacos Chicken, Beef or Beans Spanish Rice Lettuce Cheese Tomatoes Salsa Guacamole	23 BBQ Baby Back Ribs Cole Slaw Potato Salad Cornbread	24 Cheese or Pepperoni Calzone Garden Salad Cucumber Wheels Cherry Tomatoes	25 Cheese Ravioli Homemade Meat Sauce or Marinara Garlic Sautéed Spinach Garden Salad Freshly Baked Garlic Bread
26 Hawaiian Cauliflower Pizza Or Tofu Hawaiian Cauliflower Pizza Raw Broccoli & Carrots w/ Ranch	27 Jerk Chicken Brown Rice and Beans Stewed Cabbage Plantains	28 Korean BBQ Beef Vegetable Lo Mein Matchstick Carrots Fresh Snap Peas Vegetable Egg Roll	29 Broccoli Stuffed Chicken Jasmin Rice Roasted Corn	30 Tater Tot Casserole Ground Beef Peas & Carrots Or Turkey & Cheese Sandwich		