## **MENU OCTOBER 2020**

## **GRADES 5-12**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
ENTRÉE 1				PERUVIAN LOMO SALTADO	HOME STYLE MEATLOAF
ENTRÉE 2				FRIED CAT FISH	CHICKEN POT PIE
MINDFUL				GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG.ENTRÉE				CORN NUGGETS	MACARRONI & CHEESE
VEGETABLE				GLAZED FRENCH CARROTS	FRESH GREEN BEANS
VEGETABLE				CHEF CHOICE STEAK FRIES	CHEF CHOICE ROASTED SWEET POTATOES
STARCH STARCH				STEAK FRIES	HOASTED SWEET FOTATOES
BEAN				BLACK BEAN	PINTO BEAN
GRAIN				STEAMED RICE	STEAM RICE
GRILL ALL DAY				GRILL ALL DAY	GRILL ALL DAY
DAILY				HAMBURGER	HAMBURGER
DAILY				CHEESE BURGER	CHEESE BURGER
DAILY					
SPECIAL				SOUTHERN CHCIKEN TENDERS	CHICKEN & WAFFLES
POTATO				FRENCH FRIES	CURLY FRIES
	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
ENTRÉE 1	CHICKEN PICCATA	SOUTHERN FRIED CHICKEN	FAMOUS BUFFALO CHICKEN SALAD	CURRY CHICKEN	BEEF LASAGNA
ENTRÉE 2	CUBAN PICADILLO	PULLED PORK	TERIYAKI BEEF & BROCCOLI	MEDITERRANEA MAHI MAHI	MOJO LIME JERK CHICKEN
MINDFUL	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG.ENTRÉE	STUFFED SHELLS	JOPIN JOE	VEGETABLE SPRING ROLLS	BROCCOLI RICE CASSEROLE	VEGGETABLE LASAGNA
VEGETABLE	ASPARRAGUS	BRAISED GREENS	BISTERED GREEN BEANS	BROCCOLINI	SQUASH & ZUCCHINI
VEGETABLE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
STARCH	BUTTER PASTA	ROSATED POTATOES	CILANTRO BROWN RICE	PARMEGIAN MASHED POTATOES	CARIBBEAN RICE & PEAS
STARCH BEAN	TOSTONES BLACK BEAN	HONEY CORN BREAD PINTO BEAN	LENTILS	PINTO BEANS	SWEET PLANTAINS BLACK BEANS
GRAIN	STEAMED RICE	STEAMED RICE	BROWN RICE	JAZMINE RICE	STEAMED RICE
GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
DAILY	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
DAILY	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
DAILY	CHICKEN SANDWICH		CHICKEN SANDWICH		CHICKEN SANDWICH
SPECIAL	CHILI CHEESE DOG	SOUTHERN CHICKEN TENDERS	HOT CUBAN SANDWICH	SOUTHERN CHICKEN TENDERS	CRISPY CHICKEN WINGS
POTATO	CURLY FRIES	FRENCH FRIES	CRISPY WEDGES	FRENCH FRIES	FRENCH FRIES
	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
ENTRÉE 1	MONDAY 12 CHICKEN PARMESAN	TUESDAY 13  BEEF STROGANOFF	WEDNESDAY 14  ROASTED TURKEY	THURSDAY 15  BEEF TACO BOWL	FRIDAY 16  LEMON DILL SEARED SALMON
ENTRÉE 2	CHICKEN PARMESAN SALISBURRY STEAK	BEEF STROGANOFF ARROZ CON POLLO	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE	BEEF TACO BOWL CHICKEN FAJITAS	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN
ENTRÉE 2 MINDFUL	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST
ENTRÉE 2 MINDFUL VEG.ENTRÉE	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS
ENTRÉE 2 MINDFUL VEG.ENTRÉE	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE
ENTRÉE 2 MINOFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE
ENTRÉE 2 MINDFUL VEC.ENTRÉE VEGETABLE VEGETABLE STARCH	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES
ENTRÉE 2 MINDFUL VEC.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRILL ALL DAY	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES BLACK BEAN STEAMED RICE GRIL ALL DAY	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILALL DAY	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRIL ALL DAY	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILAIL DAY
ENTRÉE 2 MINDFUL VEC.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRILL ALL DAY DAILY	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHESSE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILLIL DAY HAMBURGER	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILL ALL DAY HAMBURGER	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALLOLY HAMBURGER
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH GRAIN GRAIN GRAIN GRAIL ALL DAY DAILY	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRIL ALL DAY	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHEESE BURGER
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH GRAIN GRAIN GRAIL ALL DAY DAILY DAILY	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILL ALL DAY HAMBURGER CHEESE BURGER	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILAL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH GRAIN GRAIN GRAIN GRAIL ALL DAY DAILY	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILL ALL DAY HAMBURGER	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHEESE BURGER
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRAIL ALL DAY DAILY DAILY SPECIAL	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRILLALDAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH CHICKEN EMPANADAS SWEET POTATO FRIES	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS FRENCH FRIES	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH PHILLY CHEESE STEAK TATER TOTS	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILL DAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS FRENCH FRIES	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH ITALIAN BAGEL SANDWICH CURLY FRIES
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRAIL ALL DAY DAILY DAILY SPECIAL	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH CHICKEN EMPANADAS	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALL DAY HAMBURGER CHEESE BURGER	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRIL ALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH PHILLY CHEESE STEAK	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILLALIDAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILLIL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH ITALIAN BAGEL SANDWICH
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRAIL ALL DAY DAILY DAILY SPECIAL	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRILL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH CHICKEN EMPANADAS SWEET POTATO FRIES  MONDAY 19 ORANGE CHCIKEN	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS FRENCH FRIES	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH PHILLY CHEESE STEAK TATER TOTS	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILL DAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS FRENCH FRIES	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH ITALIAN BAGEL SANDWICH CURLY FRIES
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRAIN GRAIN DAILY DAILY DAILY SPECIAL POTATO	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRILLAL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH CHICKEN EMPANADAS SWEET POTATO FRIES  MONDAY 19  ORANGE CHCIKEN RED CURRY BEEF	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER CHEESE BURGER SOUTHERN CHICKEN TENDERS FRENCH FRIES TUESDAY 20 PARMEGIAN MEATBALLS MEDITERRANEAN FISH	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILLAL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH PHILLY CHEESE STEAK TATER TOTS  WEDNESDAY 21 GREEK STYLE GYRO LEMON PEPPERS CHICKEN	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILLALL DAY HAMBURGER CHEESE BURGER  SOUTHERN CHICKEN TENDERS FRENCH FRIES THURSDAY 22 ST.LOIUS BBQ RIBS SOUTHERN ROASTED CHICKEN	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHIESE BURGER CHICKEN SANDWICH ITALIAN BAGEL SANDWICH CURLY FRIES  FRIDAY 23 CHICKEN JAMBALAYA SHRIMP ETOUFFEE
ENTRÉE 2 MINDFUL VEG.ENTRÉE VEGETABLE VEGETABLE STARCH STARCH BEAN GRAIN GRAIN GRAIL ALL DAY DAILY DAILY DAILY SPECIAL POTATO ENTRÉE 1 ENTRÉE 2 MINDFUL	CHICKEN PARMESAN SALISBURRY STEAK GRILLED CHICKEN BREAST HERB PASTA & PEAS STEAMED BROCCOLI CHEF CHOICE ROASTED POTATOES  BLACK BEAN STEAMED RICE GRILLALL DAY HAMBURGER CHEESE BURGER CHICKEN SANDWICH CHICKEN EMPANADAS SWEET POTATO FRIES  MONDAY 19  ORANGE CHCIKEN RED CURRY BEEF GRILLED CHICKEN BREAST	BEEF STROGANOFF ARROZ CON POLLO GRILLED CHICKEN BREAST POLISH PIEROGIE ASPARRAGUS CHEF CHOICE BUTTER NOODLES SWEET PLANTAINS PINTO BEAN STEAMED RICE GRILLALDAY HAMBURGER CHEESE BURGER  SOUTHERN CHICKEN TENDERS FRENCH FRIES TUESDAY 20 PARMEGIAN MEATBALLS MEDITERRANEAN FISH GRILLED CHICKEN BREAST	ROASTED TURKEY PORK LOIN CRANBERRY GLAZE GRILLED CHICKEN BREAST MAC & CHEESE GREEN BEANS CHEF CHOICE BUTTER MASHED POTATOES  LENTILS STEAMED RICE GRILLALDAY HAMBURGER CHIESE BURGER CHICKEN SANDWICH PHILLY CHEESE STEAK TATER TOTS  WEDNESDAY 21 GREEK STYLE GYRO LEMON PEPPERS CHICKEN GRILLED CHICKEN BREAST	BEEF TACO BOWL CHICKEN FAJITAS GRILLED CHICKEN BREAST GARLIC CILANTRO MUSHROOMS CHIPOTLE PEAS & CORN CHEF CHOICE MEXICAN RICE REFRIED BEANS BLACK BEAN STEAMED RICE GRILLALL DAY HAMBURGER CHEESE BURGER  SOUTHERN CHICKEN TENDERS FRENCH FRIES THURSDAY 22 ST.LOIUS BBQ RIBS SOUTHERN ROASTED CHICKEN GRILLED CHICKEN BREAST	LEMON DILL SEARED SALMON LEMONB PEPER ROASTED CHICKEN GRILLED CHICKEN BREAST EGGPLANT PARMESAN ORANGE GLAZE CARROTS CHEF CHOICE ROASTED CORN MASH POTATOES  PINTO BEAN STEAMED RICE GRILALL DAY HAMBURGER CHIESE BURGER CHICKEN SANDWICH ITALIAN BAGEL SANDWICH CURLY FRIES  FRIDAY 23 CHICKEN JAMBALAYA SHRIMP ETOUFFEE GRILLED CHICKEN BREAST
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	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
ENTRÉE 1	COUNTRY FRIED STEAK	CHICKEN TERIYAKI	CHICKEN MARSALLA	PERUVIAN CHICKEN & POTATOES	HOME STYLE MEATLOAF
ENTRÉE 2	ROSEMARY CHICKEN	ORANGE GLAZE SALMON	BAKED POTATO BAR	FRIED CAT FISH	CHICKEN POT PIE
MINDFUL	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
VEG.ENTRÉE	EGGPLANT PARMEGIAN	VEGGIE LO MEIN	TORTELLINI AL PESTO	CORN NUGGETS	MACARRONI & CHEESE
VEGETABLE	ASPARRAGUS	RASTED BRUSSEL SPROUTS	STEAMED BROCCOLI	GLAZED FRENCH CARROTS	FRESH GREEN BEANS
VEGETABLE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE	CHEF CHOICE
STARCH	MASHED POTATOES	VEGETABLE FRIED RICE	ROASTED GARLIC MASH	JOPIN JOE	ROASTED SWEET POTATOES
STARCH					
BEAN	BLACK BEAN	PINTO BEAN	LENTILS	BLACK BEAN	PINTO BEAN
GRAIN	STEAMED RICE	JAZMINE RICE	STEAMED RICE	STEAMED RICE	STEAM RICE
GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY	GRILL ALL DAY
DAILY	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER	HAMBURGER
DAILY	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER	CHEESE BURGER
DAILY	CHICKEN SANDWICH		CHICKEN SANDWICH		
SPECIAL	CHICKEN QUESADILLA	SOUTHERN CHICKEN TENDERS	HOT PASTRAMI & SWISS	SOUTHERN CHCIKEN TENDERS	CHICKEN & WAFFLES
POTATO	TATER TOTS	FRENCH FRIES	SWEET POTATOE FRIES	FRENCH FRIES	CURLY FRIES