

SHADY SIDE

ACADEMY

Senior School
WEEK 1 (FEBRUARY 1– FEBRUARY 7)

Gluten free options are available daily.
* denotes an upcharge for that item.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Chicken Biscuit Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Chef's Choice Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Egg & Cheese Croissant Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Breakfast Taquito Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	French Toast Sticks Breakfast Meat Potato Assorted Breads Assorted Cold Cereal Assorted Fruits		
Comfort Combo		Black Bean Soup w/ Three Cheese Grilled Cheese Combo		Chicken Noodle Soup w/ Turkey Caprese Sandwich Combo		Assorted Breakfast Sandwiches or Meat Lover's Egg Bake	Scrambled Eggs or Hot Cocoa Bread Pudding
Deli Sandwich	Classic Italian	Classic Italian	Classic Italian	Classic Italian	Classic Italian	Chef's Choice	Stuffed French Toast
A Little Extra	Chicken Nuggets or Tuscan Tuna Salad (scoop, croissant, wrap)	Chicken Nuggets or Tuscan Tuna Salad (scoop, croissant, wrap)	Chicken Nuggets or Tuscan Tuna Salad (scoop, croissant, wrap)	Chicken Nuggets or Tuscan Tuna Salad (scoop, croissant, wrap)	Chicken Nuggets or Tuscan Tuna Salad (scoop, croissant, wrap)	Potato Breakfast Meat Assorted Breads Fresh Baked Treats Assorted Cold Cereals	Potato Breakfast Meat Assorted Breads Fresh Baked Treats Assorted Cold Cereals
Main Plate	Rainbow Veggie Bowl w/ Jalapeno Ranch or Italian Steak Sandwich Waffle Fries Roasted Carrots	BBQ Chicken Burrito Bowl or Gouda Turkey Club Baked Cheddar Ruffles Banana	Chili Lime Shrimp Bowl or Buffalo "Chick'n" Hoagie Curly Fries Corn on the Cob	Eggplant Parmesan Bowl or Cheese Quesadilla Mexi Rice Santa Fe Black Beans	Asian Beef Noodle Salad or Vegetable Hummus Wrap Pretzels Tossed Salad		
Evening Main Plate	Fried Pork Chops or Harvest Vegetable Flat w/ Goat Cheese Mashed Sweet Potatoes Vegetable Medley	Crunchy Thai Beef Sandwich or Vegetable Stir Fry Jasmine Rice Vegetable Medley	Chef's Choice	Miso Bowls	French Onion Chicken or Italian Veggie Pita Sandwich Roasted Redskins Fresh Vegetable	Hoagie Night	BBQ Pulled Chicken Sandwich or Santa Fe Black Bean Burgers French Fries Fresh Vegetable