



Menu for Week of September 25, 2023
 Friends Select School services are proudly managed by
 CulinArt Group
 Chef Manager: Robin Fleetwood

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL LOCALLY SOURCED VEGETARIAN VEGAN

BREAKFAST LUNCH	MONDAY	TUESDAY	WELLNESS WEDNESDAY	THURSDAY	FRIDAY
KETTLE SOUP		Loaded Baked Potato & Bacon	Vegetable 	Turkey Chili 	Cream of Turkey
CHEFS TABLE		Teriyaki Beef Or Teriyaki Cauliflower	Roasted Turkey Breast Or Roasted Tofu	Loaded Baked Potato Bar	Baked Broccoli Cheddar Mac & Cheese w/ Tomatoes
ON THE SIDE		White Rice Roasted Broccoli 	Herb Roasted Corn Roasted Red Bliss Potatoes 	Bacon Bites, Cheese, Sour Cream, Chopped Broccoli, Butter	Butternut Squash Mixed Vegetable Blend

Additional Lunch Options:

Peanut Butter:	Turkey:
PB & Jelly:	Turkey & Cheese:
Sunbutter & Jelly:	Salami:
Sunbutter:	Salami & Cheese:
Ham:	Cheese:
Ham & Cheese	Bagel CC:
	Bagel PB:

Hard Boiled Egg:	Fresh Fruit:
Yogurt:	Baby Carrots & Celery:

Plain Pasta:	



MENU SUBJECT TO CHANGE

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness



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BREAKFAST LUNCH	MONDAY	TUESDAY	WELLNESS WEDNESDAY	THURSDAY	FRIDAY
WAKIN' UP		Strawberry Pancakes 	Eatwell Breakfast Sandwich	Bacon Egg & Cheese Burrito	Cinnamon Sugar Churros
KETTLE SOUP		Loaded Baked Potato & Bacon	Vegetable 	Turkey Chili 	Cream of Turkey
DOWNTOWN DELI		Ham & Cheese Hoagie	Buffalo Chicken Wrap	Roast Turkey Sandwich with Orange Cranberry Mayo	Salami, Capicola & Provolone on Kaiser
CITY GRILL		Cheddar Cheese Quesadilla	Double bacon Cheeseburger on Brioche	Spicy Chicken Deluxe Sandwich	Triple Grilled Cheese Melt w/ Tomato
CHEFS TABLE		Teriyaki Beef	Roasted Turkey Breast	Loaded Baked Potato Bar	Baked Broccoli Cheddar Mac & Cheese w/ Tomatoes
ON THE SIDE		White Rice Roasted Broccoli 	Herb Roasted Corn Roasted Red Bliss Potatoes 	Bacon Bites, Cheese, Sour Cream, Chopped Broccoli, Butter	Butternut Squash Mixed Vegetable Blend
QUIK PIK SALAD		House Salad w/ Parmesan, Mozzarella & Balsamic 	Buffalo Ranch Crispy Chicken Salad	Pesto Grilled Chicken Caesar Salad	Chefs Choice
QUIK PIK SANDWICH		Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice