

# SHADY SIDE

## ACADEMY

Senior School  
WEEK 2 (October 9– October 15)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunda
Day Breakers	Omelet Station or Cinnamon Rolls  Sausage Hash Browns  Assorted Cold Cereal Assorted Fruits	Waffle Bar & Denver Omelet  Crispy Bacon Home Fries  Assorted Cold Cereal Assorted Fruits	Omelet Station & Apple Pie French Toast  Maple Sausage & Hash Browns  Assorted Cold Cereal Assorted Fruits	Waffle Bar & Bacon, Egg & Cheese Burrito  Turkey Sausage & Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Omelet Station & Breakfast Grits Bowl  Sausage  Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Cheesy Scrambled Eggs & Waffle Station & Ham & Cheese Frittata  Home Fries & Turkey Sausage  Assorted Cold Cereals Fruit & Yogurt Bar	Breakfast Burrito & Mushroom & Spinach Egg Muffins  Banana French Toast  Shredded Hash Browns & Breakfast Sausage Patty  Assorted Cold Cereals Fruit & Yogurt Bar
Main Plate	Philly Cheese Steak Or BBQ Tofu Sliders  Potato Wedges Steamed Broccoli Vegetable Medley	“Connecticut” Clucking Awesome Chicken Sandwich Or Buffalo Tofu With Bleu Cheese  Orzo Brussel Sprouts Vegetable Medley	Meatloaf Or Lentil Meatloaf  Garlic Mashed pot Green Beans Vegetable Medley	Honey Roasted Chicken Thigh Or Quinoa Stuffed Mushroom  Apple Couscous Cauliflower Vegetable Medley	Meat Lover’s Pizza Or Cheese Pizza  Noodles Roasted Carrots Vegetable Medley	Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Baked Ziti Or Italian Sausage Hoagie  Garlic Bread Asparagus Vegetable Medley	Salisbury Steak Or Stuffed Peppers  Ranch Redskins Corn Vegetable Medley	Italian Sausage Pizza Or White Cauliflower Pizza  French Fries Green Beans Vegetable Medley	Italian Stromboli Or Tamale Pie  Noodles Fresh Vegetable Vegetable Medley	Romano Chicken Or Parmesan Stuffed Zucchini  Risotto Zucchini Vegetable Medley	BYO BURGER BAR	Fish Sandwich Or “Fish” Vegetarian Sandwich  Fries Cole Slaw Vegetable Medley

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