

SHADY SIDE

ACADEMY

Senior School
WEEK 4 (October 23– October 29)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunda
Day Breakers	Eggs Ham & Cheese Croissant Crispy Bacon Breakfast Potatoes Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Fried Egg & Cheese Muffin Breakfast Sausage Breakfast Potatoes Assorted Breads Assorted Cold Cereal Assorted Fruits	Omelet Station Chicken Biscuits Crispy Bacon Breakfast Potatoes Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Chef's Choice Breakfast Sausage Breakfast Potatoes Assorted Breads Assorted Cold Cereal Assorted Fruits	Omelet Station French Toast Sticks Crispy Bacon Breakfast Potatoes Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffle Bar Or Eggs Benedict Or Scrambled Egg Hash Browns Bacon Assorted Cold Cereals Fruit & Yogurt Bar	Cranberry Orange Oatmeal Or Frittata OR California Black Bean Burger with Egg Roasted Potatoes Corned Beef Hash Assorted Cold Cereals Fruit & Yogurt Bar
Main Plate	Italian Romano Chicken or Parmesan Spinach & Artichoke Pie Risotto Green Beans Vegetable Medley	Sloppy Joes or Broccoli Cheddar Crepes Pierogis Roasted Squash Vegetable Medley	BBQ Chicken or Black Bean Sliders Mac & Cheese Broccoli Vegetable Medley	Meatball Hoagies or Buffalo Cauliflower Naan Crinkle Cut Fries Roasted Carrots Vegetable Medley	Meat Lover Pizza or Cheese Pizza Wild Rice Pilaf Corn Vegetable Medley	Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Flank Steak Or General Tso's Cauliflower Sticky Rice Broccoli Vegetable Medley	Roasted Beet & Goat Cheese Flatbread Or Grilled Chicken w/ Pomegranate Molasses Ancient Grain Pilaf Brussels Sprouts Vegetable Medley	Roasted Pork, Caraway Apple Sauerkraut Or Spinach & Farro Stuffed Peppers Roasted Redskin Potato Green Beans Vegetable Medley	Beef Lasagna Or White Veggie Lasagna Salt Sticks Steamed Broccoli Vegetable Medley	Potato Chip Chicken Or Avocado, Caprese Wrap Smashed Redskin Potatoes Cauliflower Vegetable Medley	Spicy Chicken Sandwich Or Veggie Spicy "Chicken" Sandwich Butter Noodles Broccoli Vegetable Medley	Vegetable Focaccia Or Cuban Sandwich Waffle Fries Sautéed Squash Vegetable Medley

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