

# SHADY SIDE

## ACADEMY

Senior School  
WEEK 1 (October 2– October 8)

Gluten free options are available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Omelet Station & Lemon Blueberry Coffee Cake Bacon & Potato Pancakes Assorted Cold Cereal Assorted Fruits	Waffle Bar & Tex Mex Breakfast Bowl Sausage Patty & Home Fries Assorted Cold Cereal Assorted Fruits	<b>"NATIONAL CINNAMON BUN DAY"</b> Omelet Station & Cinnamon Rolls Maple Bacon & Hash Browns Assorted Cold Cereal Assorted Fruits	Waffle Bar & Chorizo Breakfast Bake Sausage Links & Tater Tots Assorted Cold Cereal Assorted Fruits	Omelet Station & Apple Cinnamon Baked Oatmeal Crispy Bacon & Breakfast Potatoes Assorted Cold Cereal Assorted Fruits	Cheesy Scrambled Eggs & Egg White Scramble & French Toast Bar Home Fries & Turkey Sausage Assorted Cold Cereals Fruit & Yogurt Bar	Breakfast Burrito & Mushroom Frittata & Smores Oatmeal Shredded Hash Browns & Turkey Bacon Assorted Cold Cereals Fruit & Yogurt Bar
Main Plate	Chicken Tenders Or Black Bean Sliders Potato Au Gratin Spaghetti Squash Vegetable Medley	"Rhode Island" Chipotle Vegetable Cheddar Melt Or Beef Ravioli Garlic Knots Broccoli Vegetable Medley	<b>NATIONAL TACO DAY</b> Beef, Chicken, Tofu Tacos Mexican Rice Street Corn Vegetable Medley	Salmon Cakes Or Cantonese Pork Steamed Rice Braised Carrots Vegetable Medley	Beef Brisket Or Vegetarian Burnt Ends Parsley Potatoes Broccoli Vegetable Medley	Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Cold Cereals Fruit & Yogurt Bar
Evening Main Plate	Chicken Marsala Or 3 Cheese Pasta Pomodoro Bread Stick Garlic Broccoli Vegetable Medley	BBQ Chicken Or Vegetable Chili Mac Corn Bread Roasted Acorn Squash Vegetable Medley	General Tso's Cauliflower Or Sweet & Sour Pork White Rice Bok Choy Vegetable Medley	CHEF'S CHOICE	<b>"NATIONAL NOODLE DAY"</b> ASIAN NOODLE BOWL	Grilled Cheese & Tomato Soup Or Hot Honey Chicken Sandwich Waffle Fries Green Beans Vegetable Medley	<b>"NATIONAL PIEROGI DAY"</b> Pierogis Bar

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