







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	 <p>4/1 Chicken Tenders Veggie Nuggets** Brown Sugar - Glazed Baby Carrots MWG White Cheddar Mac & Cheese</p>	<p>4/2 Beef Burrito Bowl MWG Meatless Beef Quinoa Burrito Bowl** MWG Cilantro Lime Rice Toppings - Diced Tomatoes, Black Beans, Yellow Corn, Sour Cream Tomatillo Dressing, Tortilla Strips</p>	 <p>4/3 Butterfly Pasta Bar Marinara Sauce ** MWG Alfredo Sauce ** Fresh Veggie Medley MWG French Roll</p>	<p>4/4 Chicago - Style Italian Beef Sub Vegetarian Chicago Sub** Chicago Giardiniera MWG Lays Potato Chips Churros with Cinnamon Sugar</p>
<p>4/7 Beef Shawarma Falafel Shawarma** Tabbouleh** Pita Bread, Tzatziki Sauce, Feta Cheese, Tomatoes, Cucumbers</p>	<p>4/8 Honey Rosemary Chicken Thighs MWG Caramelized Onion Swiss Cheese Quiche** Scalloped Potatoes Roasted Brussels Sprouts MWG</p>	<p>4/9 Bacon Cheeseburger Pasta Veggie Cheeseburger Pasta ** Green Beans MWG</p>	 <p>4/10 Mini Corn Dogs Sweet Corn Nuggets** French Fries Coleslaw MWG</p>	<p>4/11 Caesar Salad Grilled Chicken MWG Roasted Mushrooms ** MWG Cornbread Sugar Cookie</p>
<p>4/14 Meat Lasagna Veggie Lasagna** Italian Vegetables Blend MWG Texas Toast</p>	<p>4/15 "Famous KFC Bowl" Popcorn Chicken Veggie Nuggets** Mashed Potatoes MWG Brown Gravy Sweet Corn MWG</p>	<p>4/16 Applewood Bacon MWG Scrambled Eggs with Cheese MWG Veggie Sausage** Hash Brown MWG Croissants Fresh Fruit Salad MWG</p>	<p>4/17 Spaghetti Bar Meat Sauce ** MWG Marinara Sauce ** MWG Green Beans & Carrots MWG Garlic Knots MWG Oreo Chunk Cookie</p>	 <p>4/18</p>
<p>4/21 Chicken Parmesan Eggplant Parmesan** Penne Pasta Marinara Sauce ** MWG Roasted Zucchini MWG</p>	<p>4/22 Honey Dijon BBQ Beef & Pepper Stir Fry MWG Honey Dijon BBQ Tofu & Veggie Stir Fry** MWG Couscous Mixed Veggie Blend MWG</p>	<p>4/23 Crispy Chicken Sandwich Crispy Vegetarian Chicken Sandwich** Garlic Aioli or Mayo MWG Tomato, Pickles, Lettuce MWG Kettle Chips MWG</p>	<p>4/24 Honey BBQ Meatballs Honey BBQ Veggie Meatballs ** White Rice MWG Fresh Veggie Medley MWG</p>	<p>4/25 5 Cheese Ziti Al Forno** Italian Veggie Blend MWG Texas Toast Snickerdoodle</p>
<p>4/28 Beef Teriyaki Bowl Tofu & Shiitake Mushrooms Teriyaki Bowl** Jasmine Rice MWG Broccoli MWG</p>	<p>4/29 Chicken Pot Pie Vegetable Pot Pie** Egg Noodles Garden Veggie Medley MWG</p>	<p>4/30 Chicken Philly Cheesesteak Roasted Veggie Cheesesteak** Kosher Pickles MWG Kettle Chips MWG</p>		

EVERYDAY OPTIONS

Fresh Deli Bar

Featuring Metro Deli Sliced Meats
 Low Sodium • Gluten Free • Sugar & Dairy Free

Featuring Fresh Baked Gold Crust Bread
 White Bread • Honey Wheat Bread • Multigrain Bread
 Sourdough Bread • Bagel

Additional Everyday Items:

Tuna Salad, Chicken Salad, Egg Salad
 Fresh Crisp Fruits & Veggies,
 Sunflower Butter, Jelly

Market Salad Bar

New Everyday Items:

Tomato, Cucumber, Carrots, Bell Peppers
 Grilled Chicken, Tofu, Red Onion, Feta,
 Crouton, Dried Cranberries

Daily Chef's Choice

Specialty Salads to Include:

Kale Slaw Spring Salad
 Fresh Sugar Snap Pea Salad
 Grilled Veggie Salad with
 Poppysseed Dressing
 Broccoli Slaw with Lemon Dressing Salad

LOCALLY SOURCED

FRUITS & VEGGIES

Baywater Farms, MD
 C&E Farms, VA
 Kirby Farms, VA
 Miller Farms, MD
 Lehigh Valley Dairy Farms, PA