

Chef Station Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Chicken Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Taco Bar: Beef or Chicken Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Creamy Cajun Chicken Brown Rice, Roasted Spiced Carrots, Sauteed Spinach	BBQ Chicken Thighs Roasted Potatoes, Braised Collard Greens, Seasoned Corn, Corn Bread
Oven Fried Chicken Fingers Waffles, Sauteed Green Bean and Fruit Crisp	Chicken & Cheese Tamales Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Sweet & Sour Chicken Rice, Roasted Zucchini and Sauteed Bok Choy	Meatloaf Smashed Potatoes, Braised Collard Greens, Seasoned Corn, Corn Bread
Sausage, Peppers & Onions Sweet Potato Wedges and Roasted Broccoli	Burrito Bowl: Beef or Chicken Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Baked Potato Bar Roasted Broccoli, Meat Chili, Vegetarian Chili and Cheese Sauce	Herb Chicken Smashed Potatoes, Sauteed Collard Greens, Seasoned Corn and Corn Bread
Oven Fried Buffalo Chicken Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Chicken or Beef Quesadillas Roasted Peppers & Onions, Ranchero Beans, and Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Jamaican Jerk Chicken Cilantro Lime Rice, Sauteed Carrots and Plantains	Shepherd's Pie Seasoned Corn, Braised Collard Greens
Oven Fried Chicken Fingers Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Burrito Bowl: Beef or Chicken Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Greek Lemon Chicken Herb Roasted Potatoes, Roasted Summer Squash and Sauted Spinach	Turkey Dinner w/ Gravy Smashed Potato, Collard Greens, Steamed Corn
Oven Fried Chicken Fingers Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Taco Bar Beef or Chicken Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Pulled Pork Sandwich Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Indian Curry Chicken Rice, Sauteed Cabbage and Sauteed Green Beans	Chef's Choice: Burgers or Hot Dogs or Pizza Oven Baked Potato Wedges and Seasoned Corn

DAILY SELECTIONS

Salad & Soup Bar

Build your own salad
Daily rotating selection of soups

Deli Station

Made to order deli sandwiches

Bistro Station

Rotating selection of hot sandwiches

FREE MEALS

A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

SEPTEMBER						
S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30			

OCTOBER						
S	M	T	W	TH	F	S
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NOVEMBER						
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29	30					

DECEMBER						
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27	28	29	30	31		

JANUARY						
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24/31	25	26	27	28	29	30

FEBRUARY						
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28						

MARCH						
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APRIL						
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MAY						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	TH	F	S
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20	21	22	23	24	25	26
27	28	29	30			