

Media Cafeteria Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Taco Bar: Tofu or Roasted Veggies Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Tofu Souse (Miami Style) White Rice, Roasted Spiced Carrots, Sauteed Spinach	Southwest Skillet Roasted Potatoes, Braised Collard Greens, Seasoned Corn
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Bean & Cheese Pupusa Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Sweet & Sour Tofu Rice, Roasted Zucchini and Sauteed Bok Choy	Black Bean Loaf Smashed Potatoes, Braised Collard Greens, Seasoned Corn
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Burrito Bowl: Tofu & Veggies Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Ramen Bar <i>**Build Your own Ramen Bar in the Media Cafe; Vegetarian Meals will be served in Main Cafe**</i>	Herb Roasted Tofu Smashed Potatoes, Sauteed Collard Greens, Seasoned Corn with Gravy and Stuffing
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Cheese or Veggie Quesadillas Roasted Peppers & Onions, Ranchero Beans, and Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Jamaican Jerk Tofu Cilantro Lime Rice, Sauteed Carrots and Plantains	Veggie Shepherd's Pie Seasoned Corn, Braised Collard Greens
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Burrito Bowl: Tofu & Veggies Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Greek Style Lemon Chickpea & Veggies Herb Roasted Potatoes, Roasted Summer Squash and Sauted Spinach	Tofu w/ Gravy Smashed Potato, Collard Greens, Steamed Corn
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Tofu Tacos Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Indian Style Curry Tofu Rice, Sauteed Cabbage, and Sauteed Green Beans	Chef's Choice: Veggie Burgers or Pizza Oven Baked Potato Wedges and Seasoned Corn

DAILY SELECTIONS

Grab N' Go Station

Fuel up up with a rotating selection of pre-made sandwiches, salads, and bowls, designed to get you in and out of the cafeteria quickly

Salad & Soup Bar

Build your own salad
Daily rotating selection of soups

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						
S	M	T	W	TH	F	S
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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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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			