



MENU

HS Week 9 10.12.26-10.16.26					
	Monday	Tuesday	Wednesday	Thursday	Friday
	BBQ Beef Meatball with Mac & Cheese Seasoned Green Beans WG Bread Stick	Lasagna Rolls Choice of Cheese or Beef Sauce With Seasoned Corn Dinner Roll	General T'Sos Chicken Popcorn Chicken With Brown Rice Steamed Broccoli	Chicken And Waffles (Dutch Waffle and Glaze Chicken Leg) With Green Peas 100 Calorie Pancake Syrup	All Beef Burger Bar With Choice of Cheese, Tomato, Onion, Lettuce, Pickles and BBQ Baked Beans
	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza Vegetable Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza
	Chicken Tenders Carrot Sticks Homemade Bread Stick Assorted sauces	Boneless Wings Celery Sticks Homemade Dinner Roll Assorted Sauces	Caesar Salad Romaine Lettuce With Red Onion, Black Olives, Croutons, Parmesan Cheese, Chicken and Caesar Dressing WG Bread Stick	Boneless Wings Celery Sticks Homemade Dinner Roll Assorted sauces	Chicken Tenders Carrot Sticks Homemade Bread Stick Assorted sauces
	Chicken Filet Sandwich	Hamburger Cheeseburger Mozzarella Sticks with Marinara Sauce	Spicy Chicken Filet Sandwich	Hamburger Cheeseburger Cheese Bosco Sticks with Marinara Sauce	Chicken Filet Sandwich
	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily
	Fresh Salad Bar Options Adult Nutri-Bar: Chopped Romaine, Spring Mix, Cucumbers, Mushrooms, Black Olives, Beets, Garbanzo Beans, Tomatoes, Shredded Carrots, Red Onion, Broccoli, Roasted Cauliflower, Green and Red Peppers, Hummus, Pita Bread, Shredded Cheese, Cottage Cheese, Roasted Corn, Cranberries, Sunflower Seeds etc. Items may vary daily. Student Fresh Salad Bar: Chopped Romaine, Cucumbers, Tomatoes, Onions, Black Olives, Garbanzo Beans, Beets, Shredded Carrots, Peppers, Celery, Cranberries, Croutons, etc. Items may vary daily. Freshly Made Grab and Go Entrée Salads, Sub Sandwiches, Hummus Bistro Boxes, and Yogurt Parfaits Available Daily				

*Menu choice includes: Choice of One Entrée, Two Servings of Fresh Fruit and Vegetables, One Grain, one bread, and One Low-Fat or Fat Free Milk. Please discuss any food allergy concerns with the Resident Director.

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