



Monday

Tuesday

Wednesday

Thursday

Friday

PEAK PERFORMANCE BOWL THIS WEEK — BBQ/Southern

Nov 2

Fajitas

Penne Bolognese

Vegan: Veggie Fajitas

Fish available daily

Penne Tomato Sauce

Nov 3

Roast Beef Sandwich

Tortellini/Meatballs

Vegan: Veggie Wrap

Fish available daily

Garlic Bread Stick

Nov 4

Pizza

Chicken Fingers

Vegan: Vegan Chicken Fingers

Fish available daily

French Fries

Nov 5

Steak Wrap

Greek Chicken

Vegan: Beef Sandwich

Fish available daily

Herbed Lemon Orzo

Nov 6

NACHO DAY

Nacho Bar

General Tso's Chicken

Vegan: Veggie Nachos

Fish available daily

Brown Rice

PEAK PERFORMANCE BOWL THIS WEEK — Seoul Street Gricia

Nov 9

CHICKEN SANDWICH DAY

Southwest Chicken Sandwich

Sausage, Peppers & Onion

Vegan: SW Chicken Salad

Fish available daily

Tater Tots

Nov 10

Fiesta Rice Bowl

Cheese Ravioli/Beef Meatballs

Vegan: Black Bean Rice Bowl

Fish available daily

Garlic Bread Stick

Nov 11

VETERANS DAY

Street Tacos

Burgers

Vegan: Veggie Street Tacos

Fish available daily

French Fries

Nov 12

Roast Pork Sandwich

Chicken Fingers

Vegan: Garden Burger

Fish available daily

Tater Tots

Nov 13

Bao Buns

Grilled Herbed Chicken thighs

Vegan: Tofu Bao Buns

Fish available daily

Orzo

PEAK PERFORMANCE BOWL THIS WEEK — Mexican

Nov 16

No Dining Service

Nov 17

Boneless Wing Bar

Mongolian Beef

Vegan: Mongolian Tofu

Fish available daily

Brown Rice

Sautéed Bok Choy

Nov 18

Cheesesteak

Orange Chicken

Vegan: Vegan Cheesesteak

Fish available daily

Jasmine Rice, Dumplings

Nov 19

Chicken Finger Wrap

Stuffed Shells, Beef Meatballs

Vegan: Chick Finger Wrap

Fish available daily

Garlic Breadstick

Nov 20

The Gobbler

BBQ Pulled Pork Sandwich

Vegan: Quinoa Stuffed Pepper

Fish available daily

Mashed Potatoes/Stuffing

PEAK PERFORMANCE BOWL THIS WEEK — Roasted Chicken & Rice

Nov 23

Burrito

Grilled Chicken Bruschetta

Vegan: Veggie Burrito

Fish available daily

Brown Rice

Nov 24

Blackjack Burger

Cheese Lasagna, Meatballs

Vegan: Garden Blackjack Burger

Fish available daily

Tater Tots

Nov 25

Thanksgiving Break

Nov 26

Thanksgiving Break

Nov 27

Thanksgiving Break

PEAK PERFORMANCE BOWL THIS WEEK — Asian-Inspired

Nov 30

Mac & Cheese Bar

Chicken Fingers

Vegan: Chicken Fingers

Fish available daily

French Fries

Peak Performance Station — one option rotates each week

1-Mexican — Grilled Mexican-spiced lean ground beef or turkey, cilantro lime brown rice, black beans, variety of toppings.

2-Mediterranean — Grilled lemon-herb chicken, turmeric quinoa or rice pilaf, chickpeas, variety of toppings.

3-Asian-Inspired — Grilled ginger-soy chicken, jasmine or brown rice, edamame, variety of toppings.

4-BBQ/Southern — Grilled or roasted chicken (clean BBQ rub), brown rice or quinoa, black-eyed peas, variety of toppings.

5-Italian — Grilled lean chicken or turkey with light marinara, garlic herb quinoa or orzo, white beans, variety of toppings.

November Highlights: National Pepper Month · Native American Heritage Month · National Nacho Day Nov 6 · National Chicken Sandwich Day Nov 9

Veterans Day:We honor and thank all who have served, Wednesday, November 11.