

## CRLS Menu Cycle- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Oven Baked Chicken Finger	Taco Bar: Seasoned Beef or Pulled Chicken	Pulled Pork with Bun	Filipino Adabo Chicken	BBQ Drumsticks, Corn Bread
<b>Hot sides</b>	Sweet Potato Wedges Roasted Garlic Broccoli Roasted Curry Cauliflower	Grilled Vegetables Red Beans and Rice Warm Tortilla or Hard Shell	Macaroni and Cheese Roasted Butternut Squash Sauted Swiss Chard and Garlic	Brown Rice Sauted Bok Choy and Sweet and Sour Zucchini	Garlic Smashed Potatoes Braised Collard Greens Sweet Corn
<b>Pasta Station</b>	Three Cheese Pasta Vegetable of the Day	Chicken Cacciatore Vegetable of the Day	Pasta Bar Vegetable of the Day	Chicken and Spinach in Garlic Sauce Vegetable of the Day	Steak and Cheese Pasta Vegetable of the Day
<b>Cold Sides</b>	Three Bean Salad Mediterranean Quinoa Salad Mixed Green Salad	Blackbean and Corn Salsa Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Garden Salad	Filipino Tomato Salad Curry Chickpea Salad Mixed Green Salad	Chicken Caesar Salad Potato Salad Spinach and Cranberry Salad
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburgers/Cheeseburgers Grilled Cheese	Steak and Cheese Subs and Bean and Cheese Quesadilla	Hamburger/Cheeseburger and Black Bean Burgers	Pizza and Roasted Vegetable with Pesto Painini	Caprese Sandwich with or without Chicken
<b>Soup Station</b>	Tomato and White Bean Italian Wedding Soup	Meat Chili and Vegetable Quinoa Chili	Lemon and Chicken Soup and Minestrone Soup	Chicken Stew and Lentil Soup	Chef's Choice( Meat) Chef's Choice( Veg)
<b>Salad Bar (components)</b>	Antipasto Salad	Greek Salad with Chicken	Chef Salad	Garden Salad With or Without Chicken	Spinach and Cranberry Salad
<b>Media Hot</b>	Oven Roasted Tofu Fingers	Tofu Taco Filling	BBQ Tofu	Filipino Adabo Tofu	Southwest Skillet with Corn Bread
<b>Media Pasta</b>	Three Cheese Pasta Vegetable of the Day	Chickpea Cacciatore Vegetable of the Day	Pasta Bar Vegetable of the Day	Spinach and Tomato in Garlic Sauce	Vegetable Primavera Pasta

## CRLS Menu Cycle- Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Baked Ranch Chicken Bake	Chicken Fajita	Pulled Pork with Bun	Tiki Marsala Chicken	Shephard's Pie Corn Bread
<b>Hot sides</b>	Sweet Mashed Potato Sauted Green Beans and Mushroom	Spainsh Rice Blackbean Roasted Peppers and Onion	Macaroni and Cheese Roasted Butternut Squash Braised Kale	Curry Brown Rice Roasted Cauliflower Curry Carrots	Braised Collard Greens Sweet Corn
<b>Pasta Station</b>	Meatball Parm Pasta Vegetable of the Day	American Chop Suey Vegetable of the Day	Pasta Bar	Chicken Broccoli Alfredo Vegetable of the Day	Buffalo Chicken Pasta Vegetable of the Day
<b>Cold Sides</b>	Tomato and Mozz Salad White Bean and Zucchini Salad Garden Salad	Blackbean and Corn Salsa Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Arugula Salad	Curry Chickpea Salad Curry Carrot and Raisin Salad Mixed Green Salad	Chicken Caesar Salad Potato Salad Garden Salad
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburgers/Cheeseburgers and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/ Cheeseburgers and Blackbean Burgers	Pizza and Roasted Vegetable with Pesto Painini	Caprese Chicken Sandwich/ Falfel Sandwiches
<b>Soup Station</b>	Tomato and Whitebean Soup and Itailan Wedding Soup	Meat Chili and Vegetable Quinoa Chili	Lemon and Chicken Soup and Minestrone Soup	Beef Stew and Lentil Soup	Chef's Choice(Meat) Chef's Choice(Veg)
<b>Salad Bar (components)</b>	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
<b>Media Hot</b>	Baked Ranch Tofu	Tofu Fajita	BBQ Tofu	Chickpea Tiki Marsala	Veggie Shephard Pie
<b>Media Pasta</b>	Eggplant Parm Pasta	Veggie Chop Suey	Pasta Bar	Broccoli Alfredo	Tofu Buffalo Pasta

## CRLS Menu Cycle- Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Baked Fish	Taco bar: Seasoned Beef and Chicken	Pulled Pork with Bun	Vietnamese Shaking Chicken	Roasted Turkey Dinner with Dinner Roll
<b>Hot sides</b>	Rice Pilaf Roasted Broccoli and Roasted Cauliflower	Redbeans and Rice Warm Tortilla and hard Shell	Macaroni and Cheese Roasted Butternut Squash Sauted Broccoli Rabe	Brown Rice Sauted Greenbeans and Mushrooms Roasted Carrots	Smashed Potatoes Braised Collard Greens Sweet Corn
<b>Pasta Station</b>	Chicken Pesto Pasta Vegetable of the Day	American Chop Suey Vegetable of the Day	Pasta Bar Vegetable of the Day	Chicken Broccoli Alfredo Vegetable of the Day	Three Cheese Pasta Vegetable of Day
<b>Cold Sides</b>	Tomato Mozz Salad Three Bean Salad Garden Salad	Blackbean and Corn Salad Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Mixed Green Salad	Curry Chickpea Salad Spicy Tomato and Cucumber Spinach and Cranberry Salad	Chicken Caesar Salad Potato Salad Garden Salad
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburger/ Cheeseburger and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/Cheeseburger and Blackbean Burger	Pizza and Roasted Vegetable with Pesto Painini	Caprese Sandwich with or without chicken
<b>Soup Station</b>	Tomato and Whitebean Soup and Italian Wedding Soup	Meat Chili Vegetable Quinoa Chili	Lemon and Chicken Soup Minestrone Soup	Fish Stew and Lentil Soup	Chef's Choice (Meat) Chef's Choice (Veg)
<b>Salad Bar (components)</b>	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
<b>Media Hot</b>	Stir Fry Tofu with Veggies	Tofu Taco Filling	BBQ Tofu	Vietnamese Shaking Tofu	Roasted Tofu with Veggie gravy
<b>Media Café</b>	Tomato and Pesto Pasta	Veggie Chop Suey	Pasta Bar	Broccoli Alfredo Pasta	Three Cheese Pasta

## CRLS Menu Cycle- Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Oven Baked Chicken Fingers	Burrito Bowl Bar: Seasoned Beef or Chicken or Pork or Grilled Vegetables	Jamaican Beef Patty Spicy or Mild	Greek Style Lemon Garlic Chicken	Meatloaf Corn Bread
<b>Hot sides</b>	Sweet Potato Fries Roasted Broccoli Roasted Cauliflower	Spanish Rice Redbeans Roasted Peppers and Onion	Yucca Fries Sauted Spinach and Garlic Curry Roasted Carrots	Rice Pilaf Sauted Green beans and Mushrooms Roasted Vegetables	Smashed Potatoes Sauted Collard Greens Sweet Corn
<b>Pasta Station</b>	American Chop Suey Vegetable of the Day	Meatball Parm Pasta Vegetable of the Day	Pasta Bar Vegetable of the Day	Chicken Caccitore Vegetable of the Day	Chicken Pesto Pasta
<b>Cold Sides</b>	Three Bean Salad Mediterranean Quinoa Salad Mixed Green Salad	Blackbean and Corn Salsa Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Garden Salad	Greek Pasta Salad Greek Village Salad with Pita Chips Garden Salad	Chicken Caesar Salad Sauted Collard Greens Sweet Corn
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburger/ Cheeseburger and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/Cheeseburger and Blackbean Burger	Pizza and Roasted Vegetable with Pesto Panini	Caprese Sandwich with or without chicken
<b>Soup Station</b>	Tomato and Whitebean Soup and Italian Wedding Soup	Meat Chili Vegetable Quinoa Chili	Lemon and Chicken Soup Minestrone Soup	Beef and Lentil Soup	Chef's Choice (Meat) Chef's Choice (Veg)
<b>Salad Bar (components)</b>	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
<b>Media Hot</b>	Oven Baked Tofu Fingers	Burrito Bowl Bar: Tofu Grilled Vegetables	Southwest Skillet with Texas toast	Greek Style Tofu Lemon Garlic	Blackbean Loaf with Corn bread
<b>Media Pasta</b>	Veggie Chop Suey	Eggplant Parm Pasta	Pasta Bar	Veggie Caccitore	Tomato and Pesto Pasta

## CRLS Menu Cycle- Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Buffalo Chicken Baked with Warm Roll	Taco Bar: Seasoned Beef or Chicken	Pulled Pork with Bun	Caribbean Curry Chicken with warm roll	Chicken Pot Pie Corn Bread
<b>Hot sides</b>	Smashed Sweet Potato Roasted Cauliflower Sauted Greenbeans	Redbeans and Rice Warm Tortilla Hard Shell Grilled Vegetables	Macaroni and Cheese Roasted Butternut Squash Sauted Kale	Cilantro Lime Rice Ratatouille Sauted Spinach and Mushrooms	Sauted Collard Greens Sweet Corn
<b>Pasta Station</b>	Chicken Broccoli Alfredo Vegetable of the Day	American Chop Suey Vegetable of the Day	Pasta Bar Vegetable of the Day	Meatball Parm Vegetable of the Day	Chicken Caccitore Vegetable of the Day
<b>Cold Sides</b>	Three Bean Salad Mediterranean Quinoa Salad Mixed Green Salad	Blackbean and Corn Salsa Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Garden Salad	Caribbean Blackbean Salad Curry Chickpea Salad Arugula Salad	Sauted Collard Greens Sweet Corn
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburger/ Cheeseburger and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/Cheeseburger and Blackbean Burger	Pizza and Roasted Vegetable with Pesto Painini	Caprese Sandwich with or without chicken
<b>Soup Station</b>	Tomato and Whitebean Soup and Italian Wedding Soup	Meat Chili Vegetable Quinoa Chili	Lemon and Chicken Soup Minestrone Soup	Beef and Lentil Soup	Chef's Choice (Meat) Chef's Choice (Veg)
<b>Salad Bar (components)</b>	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
<b>Media Hot</b>	Buffalo Tofu Bake with Warm Roll	Tofu Taco Filling	BBQ Tofu	Caribbean Curry Veggies	Veggie Pot Pie
<b>Media Pasta</b>	Broccoli Alfredo	Veggie Chop Suey	Pasta Bar	Eggplant Parm Pasta	Veggie Caccitore

## CRLS Menu Cycle 6

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast (all offerings)</b>	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat ( Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
<b>Chef Station</b>	Oven Roasted Chicken Fingers	Fish Taco	Pulled Pork with Bun	Sweet and Sour Chicken	Herb Roasted Drumsticks Corn bread
<b>Hot sides</b>	Sweet Potato Fries Roasted Cauliflower Roasted Broccoli	Spanish Rice Grilled Vegetables Black beans Warm Soft Torilla	Macaroni and Cheese Roasted Butternut Squash Sauted Swiss Chard	Fried Rice Sauted Bok Choy Teriyaki Roasted Carrots Egg Rolls	Roasted Red Potatoes Sauted Collard Greens Swet Corn
<b>Pasta Station</b>	Chicken and Spinach Pasta Vegetable of the Day	Three Cheese Bake Pasta Vegetable of the Day	Pasta bar Vegetable of the Day	Meatball Parm Pasta Vegetable of the Day	Chicken Cacciatore Vegetable of the Day
<b>Cold Sides</b>	Three Bean Salad Mediterranean Quinoa Salad Mixed Green Salad	Red Cabbage and Lime Slaw Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Garden Salad	Teriyaki Noodle Salad Edamame Salad Spinach and Cranberry Salad	Chicken Caesar Salad Potato Salad Garden Salad
<b>Deli Station</b>	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
<b>Bistro Station</b>	Hamburger/ Cheeseburger and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/Cheeseburger and Blackbean Burger	Pizza and Roasted Vegetable with Pesto Painini	Caprese Sandwich with or without chicken
<b>Soup Station</b>	Tomato and Whitebean Soup and Italian Wedding Soup	Meat Chili Vegetable Quinoa Chili	Lemon and Chicken Soup Minestrone Soup	Beef and Lentil Soup	Chef's Choice (Meat) Chef's Choice (Veg)
<b>Salad Bar (components)</b>	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
<b>Media Hot</b>	Oven Roasted Tofu Fingers	Tofu Taco Filling	BBQ Tofu	Sweet and Sour Tofu	Southwest Skillets w/ Cornbread
<b>Media Pasta</b>	Spinach and Tomato Pasta	Three Cheese Bake Pasta	Pasta Bar	Eggplant Parm Pasta	Veggie Cacciatore