

## 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