

CRLS Menu Cycle- Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (all offerings)	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)
Chef Station	Baked Ranch Chicken Bake	Chicken Fajita	Pulled Pork with Bun	Tiki Marsala Chicken	Shephard's Pie Corn Bread
Hot sides	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
Pasta Station	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
Cold Sides	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
Deli Station	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Bistro Station	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
Soup Station	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)
Salad Bar (components)	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
Media Hot	Baked Ranch Tofu	Tofu Fajita	BBQ Tofu	Chickpea Tiki Marsala	Veggie Shephard Pie
Media Pasta	Eggplant Parm Pasta	Veggie Chop Suey	Pasta Bar	Broccoli Alfredo	Tofu Buffalo Pasta