

CRLS Menu Cycle- Week 4

	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	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
Hot sides	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
Pasta Station	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
Cold Sides	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
Deli Station	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Bistro Station	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
Soup Station	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)
Salad Bar (components)	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
Media Hot	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
Media Pasta	Veggie Chop Suey	Eggplant Parm Pasta	Pasta Bar	Veggie Caccitore	Tomato and Pesto Pasta