

CRLS Menu Cycle 6

	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 Roasted Chicken Fingers	Fish Taco	Pulled Pork with Bun	Sweet and Sour Chicken	Herb Roasted Drumsticks Corn bread
Hot sides	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
Pasta Station	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
Cold Sides	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
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 Roasted Tofu Fingers	Tofu Taco Filling	BBQ Tofu	Sweet and Sour Tofu	Southwest Skillets w/ Cornbread
Media Pasta	Spinach and Tomato Pasta	Three Cheese Bake Pasta	Pasta Bar	Eggplant Parm Pasta	Veggie Cacciatore