


Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fried Eggs with Sausage Patty Alternative: Scones</i>	<i>Pancakes and Bacon Alternative: Muffins</i>	<i>Quiche w/Cheese Alternative: Smoothies</i>	<i>English Muffin Breakfast Sandwich and Canadian Bacon Alternative: Turnover</i>	<i>French Toast with Sausage Links Alternative: Bagels</i>	<i>Hard Boiled Eggs with Hash Browns Alternative: Coffee Cake</i>	<i>Biscuits & Sausage Gravy Alternative: Whole Grain English Muffin</i>
<i>Mini Calzones with Marinara Sauce and Broccoli</i>	<i>Vegetable Rigatoni with Italian Sausage</i>	<i><u>Taco Tuesday</u> Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad</i>	<i>Boneless Chicken Wings with Baked Potato Chips and Vegetable Crudites</i>	 <i>Whole Wheat Pizza and Chef Choice Salad</i>	<i>French Dip Grinders with Baked Rosemary French Fries</i>	<i>Whole Grain Penne Pasta with Beef Meatballs</i>
<i>Turkey Meatloaf with Mashed Potatoes and Spinach</i>	<i>Chicken Cacciatore with Peppers and Jasmine Rice</i>	<i>Flank Steak, Mashed Potatoes & Green Beans</i>	<i>Potato Crusted Cod, Rice Pilaf, Mixed Vegetables</i>	<i>Balsamic Roast Pork Tenderloins with Quinoa and Sauteed Broccolini</i>	<i>Chicken & Waffles with Coleslaw</i>	<i>Beef Short Ribs with Risotto & Carrots</i>

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, fresh fruit and non fat/low fat yogurt.

Lunch is served with assorted sandwiches, fully stocked salad bar with Local & Organic items, homemade soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a fully stocked salad bar with Local & Organic items, homemade soup of day and dessert.




*****Vegetable choice are subject to change depending on season and organic & local when possible*****

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

****Fresh Whole Fruit offered daily at all meals****

Maplebrook School Menu Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Egg Croissant Sandwich <i>Alternative: Danish</i>	Waffle Sticks with Sausage Patty <i>Alternative: Homemade Bread Pudding</i>	Eggs Over Easy with Corned Beef Hash <i>Alternative: Oatmeal Bar</i>	French Toast with Candian Bacon <i>Alternative: Cinnabuns</i>	Breakfast Wraps <i>Alternative: Homemade Cereal Bars</i>	Veggie Omllette with Local Feather Ridge Farm Eggs and Hash Browns <i>Alternative: Coffee Cake</i>	Breakfast Banana Split (Greek Yogurt, Berries, Granola & Honey) <i>Alternative: Scones</i>
Meat Lasagna with Garlic Bread	Tortilla Crusted Tilpia with Rice Pilaf and Corn 	Loaded Baked Potato Bar	Whole Grain Chicken Patty & Orzo Salad	Classic Beef Goulash with Garlic Green Beans	Chicken Parmesan with Penne Pasta and Vegetable Blend	 Hebrew National Beef Hot Dogs with Vegetarian Baked Beans and Coleslaw
Corned Beef with Baby Fingerling Potatoes and Cabbage	Chicken Fra Diavolo with Spaghetti Squash	Shrimp Scampi with Linguini and Asparagus	Jerk Chicken with Pineapple, Rice & Cauliflower	Beef & Vegetable Stew with Polenta	 Chipotle Night Build your own Burrito Bowl	Chicken Gyro, Oven Baked Fries & Greek Salad

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items**, **homemade** soup of day and dessert.



*******Vegetable choice are subject to change depending on season and organic & local when possible*******

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

******Fresh Whole Fruit offered daily at all meals******

Maplebrook School Menu Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oatmeal Bar <i>Alternative: Bagels</i>	English Muffin Breakfast Pizza <i>Alternative: Danish</i>	Belgian Waffle and Sausage Links <i>Alternative: Monkey Bread</i>	Breakfast Banana Split (Greek Yogurt, Berries, Granola & Honey) <i>Alternative: Scones</i>	Quiche w/Cheese <i>Alternative: Smoothies</i>	Biscuits & Sausage Gravy <i>Alternative: Whole Grain English Muffin</i>	Hard Boiled Eggs with Bacon & Grapefruit <i>Alternative: Donut</i>
Asian Meatballs with Sobo Noodles and Powerslaw	Chicken Po Boy with French Fries and Pickles	Cheese Quesadillas with Corn Salad & Guacamole 	Chicken Tenders, Macaroni & Cheese & Broccoli Salad	Fish Fillet Sandwich with Chips and Cucumber Salad	Chicken Curry with Jasmine Rice and Glazed Carrots	Grilled Cheese Sandwich with Coleslaw and Fresh Cut Fruit
Chef's Choice	Glazed Ham with Scalloped Potatoes and Pearl Onions & Peas	Roasted Pork Loin with Polenta and Sauteed Spinach	Maple Crusted Salmon with Rice Pilaf and Haricot Vert	 <u>Mexican Night</u> <i>with Spanish Rice</i>	Breakfast for Dinner	Vegetable Lasagna with Chicken Sausage

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items, homemade** soup of day and dessert.

*******Vegetable choice are subject to change depending on season and organic & local when possible*******

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

******Fresh Whole Fruit offered daily at all meals******

Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Pancakes and Canadian Bacon Alternative: Muffin</i>	<i>Scrambled Egg Wrap with Fresh Cut Fruit Alternative: Bagel</i>	<i>Belgian Waffles with Berry Topping Alternative: Lemon Pound Cake</i>	<i>Pancakes and Bacon Alternative: Wheatberry Toast</i>	<i>Breakfast Lasagna with Sausage Gravy Alternative: Danish</i>	<i>Fried Eggs with Home Fries Alternative: Cinnabon Toast</i>	<i>Biscuits & Sausage Gravy Alternative: Croissant</i>
<i>Beef Empanadas with Mexican Rice and Endive</i>	<i>Philly Cheese Steak Grinder with Sauteed Peppers & Onions</i>	<i>Grilled Cheese Sandwich, Orzo Salad & Fresh Cut Fruit</i>	<i>Grilled Chicken, Pita Chips & Spinach Feta Bistro</i>	<i>Sloppy Joes with Potato Chips and Pickle Spears</i>	<i>Ruben Sandwich with Oven Baked Sweet Potato Fries</i>	<i>Chili with Brown Rice and Corn Bread</i>
<i>Pot Roast with Root Vegetables and Baby Red Potatoes</i>	<i>Turkey Dinner with Stuffing and Green Beans</i>	<i>Pork & Veggie Stir Fry with Jasmine Rice and Spring Roll</i>	<i>Chicken Fricassee with Egg Noodles and Broccoli</i>	<i>Chef's Choice Fish Night</i>	<i>Salisbury Steak with Mashed Potato and Brussel Sprouts</i>	<i>Pesto Chicken Florentine Casserole with Dinner Rolls</i>

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, fresh fruit and non fat/low fat yogurt.

Lunch is served with assorted sandwiches, fully stocked salad bar with Local & Organic items, homemade soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a fully stocked salad bar with Local & Organic items, homemade soup of day and dessert.

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Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

*****Fresh Whole Fruit offered daily at all meals*****