

# Maplebrook School Menu Week 1

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 Casserole Alternative: Danish</i>	<i>Fried Eggs with Home Fries Alternative: Cinnabon Toast</i>	<i>Biscuits &amp; Sausage Gravy Alternative: Croissant</i>
<i>Mini Calzones with Chef's Choice Salad</i>	<i>Philly Cheese Steak with Sauteed Peppers &amp; Onions</i>	<i>Beef Empanadas with Mexican Rice and Endive</i>	<i>Grilled Chicken, Pita Chips &amp; Spinach Feta Bistro</i>	<i>B.L.T. Sandwich and Powerfood Slaw</i>	<i>Veggie Burger, Sweet Potato Fries, Strawberry &amp; Feta Spinach Salad</i>	<i>Sausage &amp; Pepper Grinders</i>
<i>Chef's Choice</i>	<i>Cheese Ravioli, Garden Salad &amp; Breadsticks</i>	<i>Chicken &amp; Waffles</i>	<i>Herb Crusted Pork Loin with Quinoa &amp; Corn</i>	<i>Grilled Atlantic Salmon, Brown Rice &amp; Sauteed Fresh Zucchini</i>	<i>Artichoke Chicken, Risotto &amp; Mixed Vegetable</i>	<i>Chinese Stir Fry with Lo Mein</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
<b>Egg Croissant Sandwich</b> <i>Alternative: Danish</i>	<b>Waffle Sticks with Sausage Patty</b> <i>Alternative: Homemade Bread Pudding</i>	<b>Eggs Over Easy with Corned Beef Hash</b> <i>Alternative: Oatmeal Bar</i>	<b>French Toast with Candian Bacon</b> <i>Alternative: Cinnabuns</i>	<b>Breakfast Wraps</b> <i>Alternative: Homemade Cereal Bars</i>	<b>Veggie Omllette with Local Feather Ridge Farm Eggs and Hash Browns</b> <i>Alternative: Coffee Cake</i>	<b>B.Y.O Banana Split or Parfait (Greek Yogurt, Berries, Granola &amp; Honey)</b> <i>Alternative: Scones</i>
<b>Pizza Muffins &amp; Chef Choice Salad</b>	<b>Wild Alaskan Cod Tenders with Potato Wedges &amp; Tomato Cucumber Salad</b> 	<b>Taco Tuesday</b> <b>Ground Beef, Tortilla Strips, Lettuce, Tomatoes &amp; Shredded Cheddar Cheese with Corn Salad</b>	<b>Whole Grain Chicken Patty, Sweet Potato Puffs &amp; Orzo Salad</b>	<b>Philly Cheese Steak with Sauteed Peppers &amp; Onions</b>	 <b>Whole Wheat Pizza, Soup &amp; Salad Bar</b>	 <b>Hebrew National Beef Hot Dogs, Vegetarian Baked Beans &amp; Pickle Spears</b>
<b>Chef's Choice</b>	<b>Baked Ziti, Broccoli &amp; Dinner Roll</b>	<b>BBQ Ribs, Baked Sweet Potato Fries &amp; Collard Greens</b>	<b>Tortellini Marinara, Italian Chicken Sausage &amp; Fresh Broccoli</b>	<b>Roasted Chicken, Egg Noodles &amp; Rainbow Swiss Chard</b>	<b>Eggplant Parmesan with Caesar Salad</b>	<b>Chicken Gyro and Spinach Bistro</b>

**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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# Maplebrook School Menu Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Oatmeal Bar</b> <i>Alternative: Bagels</i>	<b>English Muffin</b> <b>Breakfast Pizza</b> <i>Alternative: Danish</i>	<b>Belgian Waffle and Sausage Links</b> <i>Alternative: Monkey Bread</i>	<b>B.Y.O Banana Split or Parfait (Greek Yogurt, Berries, Granola &amp; Honey)</b> <i>Alternative: Scones</i>	<b>Quiche w/Cheese</b> <i>Alternative: Smoothies</i>	<b>Biscuits &amp; Sausage Gravy</b> <i>Alternative: Whole Grain English Muffin</i>	<b>Hard Boiled Eggs with Bacon &amp; Grapefruit</b> <i>Alternative: Donut</i>
<b>Ruben Sandwich with Oven Baked French Fries</b>	<b>Chicken Tenders, Macaroni and Cheese &amp; Broccoli Salad</b>	<b>Cheese Quesadillas, Orzo Salad &amp; Corn Salad</b>	<b>Meatball Grinder, Baked Potato Chips &amp; Fresh Fruit Cups</b>	<b>Pork &amp; Veggie Stir Fry, Rice &amp; Mini Vegetable Egg Roll</b>	<b><u>Burger Day!</u></b> <b>Black Angus Burger with Toppings &amp; Onion Rings</b>	<b>Hot Pastrami Sandwich, Potato Salad &amp; Fruit Salad</b>
<b>Chef's Choice</b>	<b>Stuffed Pork Chops, Potato Pancakes &amp; Apple Sauce</b>	<b>Flank Steak, Onion Rings &amp; Corn</b>	<b>Pierogies, Kielbasa &amp; Sauteed Kale</b>	<b>Pasta Bar with Meat Sauce or Pesto Sauce and choice of toppings</b>	<b>Chicken Marsala, Whipped Potatoes and Oven Roasted Asparagus</b>	<b>Beef Short Ribs with Risotto &amp; Carrots</b>

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**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.

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




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# Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>French Toast 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 &amp; Sausage Gravy Alternative: Croissant</i>
<i>BBQ Pulled Pork Sliders with Coleslaw &amp; Pickles</i>	<i>Chili, Rice and Corn Bread</i>	<i>Grilled Chicken Strip Fajitas with Roasted Peppers &amp; Onions &amp; Spanish Rice</i>	<i>Pasta Primavera with Chicken Sausage</i>	<i>Tortilla Crusted Tilapia, Rice Pilaf and Yellow Squash</i> 	 <i>Whole Wheat Pizza, Soup &amp; Salad Bar</i>	<i>Grilled Cheese Sandwich &amp; Waffle Fries</i>
<i>Chef's Choice</i>	<i>Chicken &amp; Waffles</i>	<i>Stuffed Pork Chops, Roasted Potato and Corn</i>	<i>Marinated Flank Steak, Roasted Red Potatoes &amp; Haricot Vert</i>	<i>BBQ Chicken, Vegetarian Baked Beans &amp; Bisquit</i>	 <i>Chipotle Night Build your own Burrito Bowl</i>	<i>Penne Pasta, Meatballs &amp; Vegetable Blend</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

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