



# Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Scrambled Local Feather Ridge Farm Eggs and Home Fries Alternative: Bagel</i>	<i>Belgian Waffles with Berry Topping Alternative: Whole Grain English Muffin</i>	<i>Breakfast Sandwich and Fresh Cut Fruit Alternative: Danish</i>	<i>Pancakes and Sausage Patty Alternative: Cinnamon Rolls</i>	<i>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola &amp; Maple Syrup Alternative: Scones</i>	<i>Continental Breakfast</i>
	<i>Cod Sticks with French Fries</i>	 <i>Taco Tuesday! Taco Salad with Tortilla Strips &amp; Toppings and Corn Salad</i>	 <i>Whole Wheat Pizza, Soup &amp; Salad Bar</i>	<i>Whole Grain Chicken Patty &amp; Orzo Salad</i>	<i>Grilled Cheese Sandwich, Potato Chips and Fruit</i>	
	<i>BBQ Ribs, Roasted Potato &amp; Corn</i>	<i>Pierogies, Kielbasa and Broccoli Blend</i>	<i>Pork Tenderloin, Quinoa Salad &amp; Haricot Vert</i>	<i>Roasted Chicken, Brown Rice &amp; Green Peas</i>	<i>Welcome Back BBQ</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>Continental Breakfast</b>	<b>Sausage &amp; Pancake on a Stick with Yogurt Parfait Alternative: Whole Grain English Muffin</b>	<b>Breakfast Burritos with Salsa Alternative: Bagel</b>	<b>Omelette with Hash Browns Alternative: Danish</b>	<b>French Toast with Canadian Bacon Alternative: Muffin</b>	<b>Quiche with Home Fries Alternative: Donut</b>	
	<b>Grilled Chicken Strip Fajitas with Roasted Peppers &amp; Onions and Spanish Rice</b>	<b>Meatball Grinder, Potato Chips and Garden Salad</b>	<b>Chinese Stir Fry with Lo Mein</b>	<b>Philly Cheese Steak, Potato Salad</b>	<b>Eggplant Parmesan with Caesar Salad</b>	
	<b>Baked Ziti with Italian Chicken Sausage</b>	<b>Hunan Beef with Brown Rice</b>	<b>Homemade Turkey Meatloaf, Garlic Mashed Potatoes and Carrots</b>	<b>Chicken Curry, Risotto &amp; Mixed Vegetable</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.


\*\*\*\*\*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
	<b>Belgian Waffles with Berry Topping</b> <b>Alternative: Whole Grain English Muffin</b>	<b>Breakfast Sandwich and Fresh Cut Fruit</b> <b>Alternative: Danish</b>	<b>French Toast with Bacon</b> <b>Alternative: Muffin</b>	<b>Breakfast Burritos with Salsa</b> <b>Alternative: Bagel</b>	<b>Vegetable Egg Scramble &amp; Hash Browns</b> <b>Alternative: Coffee Cake</b>	
	<b>Chicken Tenders, Macaroni &amp; Cheese and Coleslaw</b>	<b>Grilled Chicken, Pita Chips &amp; Spinach Feta Bistro</b>	<b>French Dip Sandwiches, Sweet Potato Fries &amp; Glazed Carrots</b>	<b><u>Burger Day!</u></b> <b>Black Angus Burger with Toppings &amp; Onion Rings</b>	<b>Pasta Primavera with Chicken Sausage</b>	
	<b>Pork Loin with Grilled Peaches &amp; Swiss Chard</b>	<b>Lemon &amp; Salmon Kabobs, Wild Rice &amp; Zucchini Sticks</b>	 <b>Chipotle Night</b> <b>Build your own Burrito Bowl</b>	<b>Chicken Marsala, Polenta &amp; Green Beans</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.



**\*\*\*\*\*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
	<p><b>Sausage &amp; Pancake on a Stick with Yogurt Parfait</b> Alternative: Whole Grain English Muffin</p>	<p><b>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola &amp; Maple Syrup)</b> Alternative: Scones</p>	<p><b>Scrambled Local Feather Ridge Farm Eggs with Potatoe Pancake</b> Alternative: Bagel</p>	<p><b>Pancakes and Bacon</b> Alternative: Wheatberry Toast</p>	<p><b>Cream of Wheat with Fruit Smoothies</b></p> 	<p><b>Continental Breakfast</b></p>
	<p><b>Buffalo Chicken Wraps, Orzo Salad &amp; Strawberry Feta Salad</b></p>	<p><b>Steak Fajitas with Peppers &amp; Onion</b></p>	<p><b>Grilled Chicken, Pita Chips &amp; Spinach Feta Bistro</b></p>	<p><b>Veggie Burgers, Orzo Salad &amp; Pickles</b></p>	 <p><b>Hebrew National Beef Hot Dogs, Vegetarian Baked Beans &amp; Pickle Spears</b></p>	
	<p><b>Ravioli, Summer Vegetable &amp; Italian Sausage</b></p>	<p><b>Balsamic Roasted Chicken with Chef's Choice Salad</b></p>	<p><b>Flank Steak Roulade, Risotto and Tomato Green Bean Salad</b></p>	<p><b>BBQ Chicken, Rice Pilaf and Carrots</b></p>	<p><b>Meatloaf, Baked Potato &amp; Broccoli</b></p>	

**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\*\*\*\*

# Maplebrook School Menu Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Continental Breakfast</b>	<b>Scrambled Local Feather Ridge Farm Eggs and Home Fries Alternative: Bagel</b>	<b>French Toast with Bacon Alternative: Muffin</b>	<b>Pizza Breakfast Casserole Alternative: Danish</b>	<b>Hard Boiled Eggs with Grapefruit Alternative: Whole Grain English Muffin</b>	<b>Quiche with Home Fries Alternative: Donut</b>	
<b>BBQ Cookout @ Taconic State Park</b>	<b>Whole Grain Chicken Patty, Sweet Potato Puffs &amp; Orzo Salad</b>	<b>Philly Cheese Steak, Potato Salad</b>	 <b>Whole Wheat Pizza, Soup &amp; Salad Bar</b>	<b>B.L.T. Sandwich and Powerfood Slaw</b>	<b>Grilled Cheese Sandwich, Baked Potato Chips &amp; Fresh Cut Fruit</b>	
<b>BBQ Cookout @ Taconic State Park</b>	<b>Pork Loin with Grilled Peaches &amp; Swiss Chard</b>	<b>Chicken &amp; Waffles</b>	<b>BBQ Ribs, Baked Sweet Potato Fries &amp; Collard Greens</b>	<b>Chinese Stir Fry with Lo Mein</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.


**\*\*\*\*\*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 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Omelette with Hash Browns</b> Alternative: Danish	<b>Breakfast Burritos with Salsa</b> Alternative: Bagel	<b>Quiche with Home Fries</b> Alternative: Donut	<b>Pancakes and Bacon</b> Alternative: Wheatberry Toast	<b>Breakfast Banana Split</b> (Greek Yogurt, Fresh Berries, Granola & Maple Syrup) Alternative: Scones	<b>Continental Breakfast</b>
	<b>BBQ Hot Dogs, Broccoli Salad &amp; Slaw</b>	<b>Taco Tuesday</b> Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad	<b>Veggie Quesadillas, Quinoa Salad &amp; Apple Spinach Salad</b> 	<b>Eggplant Parmesan with Caesar Salad</b>	<b>Meatball Grinder, Potato Chips and Garden Salad</b>	
	<b>Pasta Bar with Meat Sauce or Pesto Sauce and choice of toppings</b>	<b>Oven Baked Chicken, Corn on the Cobb with Macaroni Salad</b>	<b>Pierogies, Kielbasa &amp; Sauteed Kale</b>	<b>Chicken Curry, Risotto &amp; Mixed Vegetable</b>	<b>Baked Ziti with Italian Chicken Sausage</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.

\*\*\*\*\*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\*\*\*\*