


Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sunday Brunch with Fruit Smoothies</p> 	<p>Breakfast Burrito with Salsa Alternative: Danish</p>	<p>Scrambled Local Feather Ridge Farm Eggs with Potatoe Pancake Alternative: Bagel</p>	<p>Breakfast Sandwich and Fresh Cut Fruit Alternative: Berry Turnover</p>	<p>French Toast with Canadian Bacon Alternative: Smoothie</p>	<p>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Honey) Alternative: Scones</p>	<p>Biscuits & Sausage Gravy Alternative: Croissant</p>
<p>Mini Calzones with Chef's Choice Salad</p>	<p>Philly Cheese Steak with Sauteed Peppers & Onions</p>	<p>Grilled Cheese Sandwich, Baked Potato Chips & Fresh Cut Fruit</p>	<p>Pasta Primavera with Chicken Sausage</p>	<p>B.L.T. Sandwich and Powerfood Slaw</p>	<p>Veggie Burger, Sweet Potato Fries, Strawberry & Feta Spinach Salad</p>	<p>French Dip Grinders with Potato Salad</p>
<p>Chef's Choice</p>	<p>Cheese Ravioli, Seasonal Vegetable & Breadsticks</p>	<p>Artichoke Chicken, Risotto & Mixed Vegetable</p>	<p>Balsamic Roasted Pork Loin with Quinoa & Corn</p>	<p>Potato Crusted Pollock, Brown Rice & Sauteed Fresh Zucchini</p>	<p>Chicken & Waffles</p>	<p>Chinese Stir Fry with Lo Mein</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.





*****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
<p>Sunday Brunch with Oatmeal Bar</p> 	<p>Hard Boiled Eggs with Grapefruit Alternative: Whole Grain English Muffin</p>	<p>Pizza Breakfast Casserole Alternative: Danish</p>	<p>Pancakes and Bacon Alternative: Bagel</p>	<p>Scrambled Local Feather Ridge Farm Eggs with Diced Potatoes Alternative: Breakfast Pastry</p>	<p>French Toast with Canadian Bacon Alternative: Apple Muffin</p>	<p>Fried Eggs with Sausage Patty Alternative: Coffee Cake</p>
<p>Pizza Bagel & Chef Choice Salad</p>	<p>Meatball Grinders, Potato Chips & Ceasar Salad</p>	<p><u>Taco Tuesday</u> Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad</p>	<p>Whole Grain Chicken Patty & Orzo Salad</p>	 <p>Whole Wheat Pizza and Pasta Salad</p>	<p>Tortilla Crusted Tilapia with Potato Wedges & Tomato Cucumber Salad</p> 	 <p>Hebrew National Beef Hot Dogs, Vegetarian Baked Beans & Pickle Spears</p>
<p>Chef's Choice</p>	<p>Stuffed Pork Chops, Potato Pancakes & Apple Sauce</p>	<p>Flank Steak, Onion Rings & Green Beans</p>	<p>Tortellini Marinara, Italian Sausage & Fresh Broccoli</p>	<p>Roasted Chicken, Egg Noodles & Rainbow Swiss Chard</p>	<p>Eggplant Parmesan with Caesar Salad</p>	<p>Chicken Skillet Dinner</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 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Brunch	Frittata & Diced Potatoes <i>Alternative: Bagel</i>	Belgian Waffle and Sausage Links <i>Alternative: Danish</i>	Egg Omelette and Hash Brown <i>Alternative: Coffee Cake</i>	Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup) <i>Alternative: Scones</i>	Hard Boiled Eggs with Bacon & Grapefruit <i>Alternative: Whole Grain English Muffin</i>	French Toast with Sausage Patty <i>Alternative: Muffin</i>
BBQ Pulled Pork Sandwich with Coleslaw	Chicken Tenders, Macaroni and Cheese & Broccoli Salad	Cheese Quesadillas with Corn Salad & Guacamole 	Chicken Sausage & Pepper Grinder, Baked Potato Chips & Fresh Fruit Cups	Pork & Veggie Stir Fry, Rice & Mini Vegetable Egg Roll	Chicken Marsala with Linguine & Mixed Vegetables	Ruben Sandwich with Oven Baked French Fries
Chef's Choice	Baked Ziti, Roasted Cauliflower & Dinner Roll	BBQ Ribs, Baked Potato Fries & Collard Greens	Pierogies, Kielbasa & Sauteed Kale	Pasta Bar with Meat Sauce or Pesto Sauce and choice of toppings	Breakfast for Dinner	Beef Souvlaki

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

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Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pancake Wrap & Fresh Fruit	Oatmeal Bar with Breakfast Smoothie	Scrambled Local Feather Ridge Farm Eggs with Potato Pancakes Alternative: Bagel	Pancakes and Bacon Alternative: Wheatberry Toast	Breakfast Taco with Home Fries	Belgian Waffles with Berry Topping Alternative: Whole Grain English Muffin	Biscuits & Sausage Gravy Alternative: Croissant
Chef's Choice Sliders, Quinoa Salad & Apple Spinach Salad	Turkey Chili, Rice and Corn Bread	All Beef Meatball Grinder, Kettle Chips & Fresh Fruit Cups	Grilled Chicken, Pita Chips & Spinach Feta Bistro	Monte Cristo Sandwich with Oven Baked Fries	Chi, Rice Pilaf and Yellow Squash	Turkey Melt Sandwich with Cucumber Salad
Chef's Choice	Chicken Parmesan with Spaghetti	Pork Chops, Roasted Potato and Corn	Marinated Flank Steak, Polenta & Haricot Vert	BBQ Chicken, Vegetarian Baked Beans & Bisquit	 Chipotle Night Build your own Burrito Bowl	Penne Pasta, Meatballs & Vegetable Blend

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*****