


Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fried Eggs with Sausage Patty Alternative: Scones</i>	<i>Breakfast Casserole Alternative: Muffins</i>	<i>Blueberry Bake Alternative: Bagel</i>	<i>Scrambled Eggs with Bacon and Potato Pancakes</i>	<i>French Toast with Canadian Bacon Alternative: Smoothie</i>	<i>Pancakes with Sausage Links Alternative: Coffee Cake</i>	<i>Scrambled Eggs, Homestyle 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>Chef's Choice Fajitas with Roasted Peppers & Onions and Spanish Rice</i>	 <i>Whole Wheat Pizza and Chef Choice Salad</i>	<i>French Dip Grinders with Baked French Fries & Tomato Cucumber Salad</i>	<i>Turkey Club Sandwich with Onion Rings & Veggie Dippers</i>
<i>Glazed Ham with Stuffing and Peas</i>	<i>Chicken Fricassee with Egg Noodles and Broccoli</i>	<i>Paella (shrimp, chorizo, chicken) with Rice & Carrots</i>	<i>Grilled Chicken Florentine with Linguine & Broccolini</i>	<i>Roast Pork Tenderloins in Tomatillo Sauce with Refried Beans</i>	<i>Mexican Style Tilapia with Rice & Plantains</i>	<i>Meatloaf with Roasted Potatoes & Mixed Vegetables</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>	Breakfast Banana Split (Greek yogurt, Berries, Granola & Honey) <i>Alternative: Homemade Turnover</i>	Eggs Over Easy with Corned Beef Hash <i>Alternative: Oatmeal Bar</i>	French Toast with Sausage Patty <i>Alternative: Cinnabuns</i>	Breakfast Wraps with Diced Potatoes <i>Alternative: Homemade Donuts</i>	Belgian Waffles with Canadian Bacon <i>Alternative: Coffee Cake</i>	Fried Eggs with Corned Beef Hash <i>Alternative: Scones</i>
Grilled Cheese & Tomato Sandwich with Coleslaw and Fresh Fruit	Hungarian Beef Goulash with Sautéed Green Beans	Whole Grain Chicken Patty & Gazpacho Salad	Greek Gyro with Tzatziki Sauce and Baked French Fries	Tortilla Crusted Tilapia with Rice Pilaf and Corn	Hot Italian Grinder with Potato Salad & Fresh Fruit	BBQ Sliders with Baked Beans & Corn
Corned Beef with Baby Fingerling Potatoes and Cabbage	Tuscan Garlic Chicken with Potato Bacon Casserole (Kugelis) & Broccoli	Shrimp Al Chipotle with Linguini and Asparagus	Chicken Parmesan with Roasted Zucchini & Tomatoes and Garlic Bread	Beef Medallions with Mashed Potatoes & Haricot Vert	Roasted Pork with Polenta & Peas	Stuffed Pepper Dinner with Chef's Choice 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
<i>Oatmeal Bar Alternative: Bagels</i>	<i>English Muffin Breakfast Pizza Alternative: Danish</i>	<i>Belgian Waffle and Sausage Links Alternative: Monkey Bread</i>	<i>Vegetable Egg Omelette Alternative: Scones</i>	<i>Breakfast Banana Split (Greek yogurt, Berries, Granola & Honey) Alternative: Homemade Turnover</i>	<i>Cheesy Eggs with Diced Potatoes Alternative: Whole Grain English Muffin</i>	<i>Pancakes with Sausage Patty Alternative: Donut</i>
<i>Asian Meatballs with Sobo Noodles and Powerslaw</i>	<i>Chicken Po Boy with Potato Chips and Pickles</i>	<i>Cheese Quesadillas with Corn Salad & Guacamole</i> 	<i>Chicken Taco Salad with Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Farro Salad</i>	<i>Fish Fillet Sandwich with French Fries and Cucumber Salad</i>	<i>Whole Wheat Pizza and Chef Choice Salad</i>	<i>Turkey Burgers with Toppings and Potato Salad</i>
<i>Turkey Meatloaf with Mashed Potatoes and Mixed Vegetables</i>	<i>Baked Ziti with Steamed Broccoli and Garlic Bread</i>	<i>Citrus Chicken Thighs with Cous Cous and Glazed Carrots</i>	<i>Maple Crusted Salmon with Orzo and Haricot Vert</i>	<i>Chicken Curry with Jasmine Rice and Roasted Cauliflower</i>	<i>Grilled Steak with Lentil Salad</i>	<i>Pasta Al Pomodoro with Sautéed Spinach and Dinner Roll</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

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Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Hard Boiled Eggs 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>Cheese Omelette with Home Fries Alternative: Cinnabon Toast</i>	<i>Biscuits & Sausage Gravy Alternative: Croissant</i>
<i>Veggie Burger, Sweet Potato Fries and Spinach Salad</i>	<i>Chicken Tenders, Macaroni & Cheese with Broccoli Salad</i>	<i>Philly Cheese Steak Grinder with Sauteed Peppers & Onions</i>	<i>Grilled Chicken, Pita Chips & Spinach Feta Bistro</i>	<i>Sloppy Joes with Potato Chips and Pickle Spears</i>	<i>Pasta Primavera with Chicken Sausage</i>	<i>Hamburger Sliders with Chips and Powerslaw</i>
<i>Pot Roast with Root Vegetables and Baby Potatoes</i>	<i>Turkey Dinner with Stuffing and Green Beans</i>	<i>Chicken Enchiladas with Refried Beans and Peas & Carrots</i>	<i>Chicken Tetrazzini with Cous Cous</i>	<i>Salisbury Steak with Mashed Potato and Corn</i>	<i>Fish with Mango Sauce, Cous Cous and Brussels Sprouts</i>	<i>Roasted Chicken with Scalloped Potatoes and Mixed Vegetables</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*****