

Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pancakes and Canadian Bacon Alternative: Muffin	Scrambled Egg Wrap with Fresh Cut Fruit Alternative: Bagel	Belgian Waffles with Berry Topping Alternative: Lemon Pound Cake	Pancakes and Bacon Alternative: Wheatberry Toast	Breakfast Casserole Alternative: Danish	Fried Eggs with Home Fries Alternative: Cinnabon Toast	Biscuits & Sausage Gravy Alternative: Croissant
Mini Calzones with Chef's Choice Salad	Philly Cheese Steak with Sauteed Peppers & Onions	Whole Wheat Pizza and Chef's Choice Salad	Grilled Chicken, Pita Chips & Spinach Feta Bistro	B.L.T. Sandwich and Powerfood Slaw	Veggie Burger, Sweet Potato Fries, Strawberry & Feta Spinach Salad	Sausage & Pepper Grinders and Baked French Fries
Asian Chicken with Fried Rice & Vegetable Potsticker	Cheese Ravioli, Garden Salad & Breadsticks	Marinated Flank Steak, Roasted Potatoes & Haricot Vert	Creamy Salmon with Fettuccine and Zucchini	Pork Loin with Quinoa and Corn	Artichoke Chicken, Risotto & Mixed Vegetable	Chinese Stir Fry with Lo Mein

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: Apple Turnover</i>	French Toast with Candian Bacon <i>Alternative: Cinnabuns</i>	Breakfast Wraps <i>Alternative: Homemade Cereal Bars</i>	Veggie Omlette with Local Feather Ridge Farm Eggs and Hash Browns <i>Alternative: Coffee Cake</i>	B.Y.O Banana Split or Parfait (Greek Yogurt, Berries, Granola & Honey) <i>Alternative: Scones</i>
Pizza Muffins & Chef Choice Salad	Cracker Crusted Cod Fillet with Potato Wedges & Tomato Cucumber Salad 	<u>Taco Tuesday</u> Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad	Whole Grain Chicken Patty, Sweet Potato Puffs & Orzo Salad	Ruben Sandwich with Potato Chips & Pickle Spear	 Whole Wheat Pizza, Soup & Salad Bar	 Hebrew National Beef Hot Dogs, Vegetarian Baked Beans & Pickle Spears
		BBQ Ribs, Baked Sweet Potato Fries & Roasted Cauliflower				
Homemade Shepherds Pie	Lasanga with Broccoli & Dinner Roll					

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MAPLE HOOK SCHOOL MENU WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oatmeal Bar <i>Alternative:</i> Bagels	English Muffin Breakfast Pizza <i>Alternative:</i> Danish	Belgian Waffle and Sausage Links <i>Alternative:</i> Monkey Bread	B.Y.O Banana Split or Parfait (Greek Yogurt, Berries, Granola & Honey) <i>Alternative:</i> Scones	Quiche w/Cheese <i>Alternative:</i> Smoothies	Biscuits & Sausage Gravy <i>Alternative:</i> Whole Grain English Muffin	Hard Boiled Eggs with Bacon & Grapefruit <i>Alternative:</i> Donut
Grilled Cheese Sandwich with Baked Potato Chips	Chicken Tenders, Macaroni and Cheese & Broccoli Salad	Cheese Quesadillas, Orzo Salad & Corn Salad	Meatball Grinder, Baked Potato Chips & Fresh Fruit Cups	Pork & Veggie Stir Fry, Rice & Mini Vegetable Egg Roll	<u>Burger Day!</u> Black Angus Burger with Toppings & Onion Rings	Hot Pastrami Sandwich, Potato Salad & Fruit Salad
Baked Potato Bar	Cheese Tortellini with Italian Sausage & Mixed Vegetables	Flank Steak, Onion Rings & Corn	Pierogies, Kielbasa & Sauteed Kale	Stuffed Sole with Wild Rice and Vegetable Medley	Chicken Marsala with Polenta and Oven Roasted Asparagus	Beef Short Ribs with Risotto & Carrots

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MAPLEBROOK SCHOOL MENU WEEK 4

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French Toast and Canadian Bacon Alternative: Muffin	Scrambled Egg Wrap with Fresh Cut Fruit Alternative: Bagel	Belgian Waffles with Berry Topping Alternative: Lemon Pound Cake	Pancakes and Bacon Alternative: Wheatberry Toast	Breakfast Lasagna with Sausage Gravy Alternative: Danish	Fried Eggs with Home Fries Alternative: Cinnabon Toast	Biscuits & Sausage Gravy Alternative: Croissant
Cuban Beef & Potato Sandwich with Coleslaw & Pickles	Chili, Rice and Corn Bread	Grilled Chicken Strip Fajitas with Roasted Peppers & Onions & Spanish Rice	Pasta Primavera with Chicken Sausage	Tortilla Crusted Tilapia, Rice Pilaf and Yellow Squash 	 Whole Wheat Pizza, Soup & Salad Bar	Grilled Cheese Sandwich & Waffle Fries
Thai Pork & Noodles	Southern Style Chicken & Waffles	Stuffed Pork Chops, Roasted Potato and Corn	Stuffed Bell Peppers with Pasta	Pesto Gnocchi with Sautéed Spinach	BBQ Chicken, Vegetarian Baked Beans & Bisquit	Penne Pasta, Meatballs & Vegetable Blend

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