


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 Potato Pancake Alternative: Bagel</p>	<p>Breakfast Sandwich and Fresh Cut Fruit Alternative: Danish</p>	<p>French Toast with Canadian Bacon Alternative: Blueberry Muffin</p>	<p>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup) 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>Sausage & Pepper Grinders</p>
<p>Chef's Choice</p>	<p>Cheese Ravioli, Garden Salad & Breadsticks</p>	<p>Chicken & Waffles</p>	<p>Herb Crusted Pork Loin with Quinoa & Corn</p>	<p>Grilled Atlantic Salmon, Brown Rice & Sauteed Fresh Zucchini</p>	<p>Artichoke Chicken, Risotto & Mixed Vegetable</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 Cream Of Wheat 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: Wheatberry Toast</p>	<p>Scrambled Local Feather Ridge Farm Eggs with Diced Potatoes Alternative: Bagel</p>	<p>French Toast with Canadian Bacon Alternative: Apple Muffin</p>	<p>Fried Eggs with Sausage Patty Alternative: Coffee Cake</p>
<p>Pizza Muffins & Chef Choice Salad</p>	<p>Grilled Chicken Strip Fajitas with Roasted Peppers & Onions & Spanish Rice</p>	<p><u>Taco Tuesday</u> Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad</p>	<p>Whole Grain Chicken Patty, Sweet Potato Puffs & Orzo Salad</p>	 <p>Whole Wheat Pizza, Soup & Salad Bar</p>	<p>Wild Alaskan Cod Tenders 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>Baked Ziti, Broccoli & Dinner Roll</p>	<p>BBQ Ribs, Baked Sweet Potato Fries & Collard Greens</p>	<p>Tortellini Marinara, Italian Chicken Sausage & Fresh Broccoli</p>	<p>Roasted Chicken, Egg Noodles & Rainbow Swiss Chard</p>	<p>Eggplant Parmesan with Caesar Salad</p>	<p>Chicken Gyro, Oven Baked Fries & Greek Salad</p>

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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.

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
Sunday Brunch	Frittata & Diced Potatoes Alternative: Bagel	Belgian Waffle and Sausage Links Alternative: Danish	Egg Omelette and Sh Brown Alternative: Coffee Cake	Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup Alternative: Scones	Hard Boiled Eggs with Grapefruit Alternative: Whole Grain English Muffin	French Toast with Sausage Patty Alternative: Muffin
Veggie Quesadillas, Quinoa Salad & Apple Spinach Salad 	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	Potato Crusted Cod, Rice Pilaf, Mixed Vegetables	Ruben Sandwich with Oven Baked French Fries
Chef's Choice	Stuffed Pork Chops, Potato Pancakes & Apple Sauce	Flank Steak, Onion Rings & Corn	Pierogies, Kielbasa & Sauteed Kale	Pasta Bar with Meat Sauce or Pesto Sauce and choice of toppings	Chicken Marsala, Whipped Potatoes and Oven Roasted Asparagus	Beef Short Ribs with Risotto & Carrots

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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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****Fresh Whole Fruit offered daily at all meals****

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Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sunday Brunch with Cream Of Wheat Bar</p> 	<p>Sausage & Pancake on a Stick Alternative: Danish</p>	<p>Scrambled Local Feather Ridge Farm Eggs with Potato Pancakes Alternative: Bagel</p>	<p>Pancakes and Bacon Alternative: Wheatberry Toast</p>	<p>Breakfast Taco with Home Fries</p>	<p>Belgian Waffles with Berry Topping Alternative: Whole Grain English Muffin</p>	<p>Biscuits & Sausage Gravy Alternative: Croissant</p>
<p>BBQ Pulled Pork Sliders with Coleslaw & Pickles</p>	<p>Chili, Rice and Corn Bread</p>	<p>Grilled Chicken Strip Fajitas with Roasted Peppers & Onions & Spanish Rice</p>	<p>Grilled Chicken, Pita Chips & Spinach Feta Bistro</p>	<p>Burger Day! Black Angus Burger with Toppings & Onion Rings</p>	<p>Tortilla Crusted Tilapia, Rice Pilaf and Yellow Squash</p> 	<p>Grilled Cheese Sandwich & Waffle Fries</p>
<p>Chef's Choice</p>	<p>Chicken & Waffles</p>	<p>Stuffed Pork Chops, Roasted Potato and Corn</p>	<p>Marinated Flank Steak, Roasted Red Potatoes & Haricot Vert</p>	<p>BBQ Chicken, Vegetarian Baked Beans & Bisquit</p>	 <p>Chipotle Night Build your own Burrito Bowl</p>	<p>Penne Pasta, Meatballs & Vegetable Blend</p>

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, fresh fruit and non fat/low fat yogurt.

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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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****Fresh Whole Fruit offered daily at all meals****