


# Maplebrook School Menu Week 1

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





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

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




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# Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Sunday Brunch with Oatmeal Bar</b></p> 	<p><b>Sausage &amp; Pancake on a Stick</b> Alternative: Danish</p>	<p><b>Scrambled Local Feather Ridge Farm Eggs with Potato Pancakes</b> Alternative: Bagel</p>	<p><b>Pancakes and Bacon</b> Alternative: Wheatberry Toast</p>	<p><b>Breakfast Taco with Home Fries</b></p>	<p><b>Belgian Waffles with Berry Topping</b> Alternative: Whole Grain English Muffin</p>	<p><b>Biscuits &amp; Sausage Gravy</b> Alternative: Croissant</p>
<p><b>Chef's Choice Sliders, Quinoa Salad &amp; Apple Spinach Salad</b></p>	<p><b>Turkey Chili, Rice and Corn Bread</b></p>	<p><b>All Beef Meatball Grinder, Kettle Chips &amp; Fresh Fruit Cups</b></p>	<p><b>Grilled Chicken, Pita Chips &amp; Spinach Feta Bistro</b></p>	<p><b>Burger Day!</b> Black Angus Burger with Toppings &amp; Onion Rings</p>	<p><b>Tortilla Crusted Tilapia, Rice Pilaf and Yellow Squash</b></p> 	<p><b>Turkey Melt Sandwich with Cucumber Salad</b></p>
<p><b>Chef's Choice</b></p>	<p><b>Chicken Parmesan with Spaghetti</b></p>	<p><b>Pork Chops, Roasted Potato and Corn</b></p>	<p><b>Marinated Flank Steak, Polenta &amp; Haricot Vert</b></p>	<p><b>BBQ Chicken, Vegetarian Baked Beans &amp; Bisquit</b></p>	 <p><b>Chipotle Night</b> Build your own Burrito Bowl</p>	<p><b>Penne Pasta, Meatballs &amp; Vegetable Blend</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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