


# Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Fried Eggs with Sausage Patty Alternative: Scones</i>	<i>Pancakes and Bacon Alternative: Muffins</i>	<i>Quiche w/Cheese Alternative: Smoothies</i>	<i>English Muffin Breakfast Sandwich and Canadian Bacon Alternative: Turnover</i>	<i>French Toast with Sausage Links Alternative: Bagels</i>	<i>Hard Boiled Eggs with Hash Browns Alternative: Coffee Cake</i>	<i>Biscuits &amp; 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 &amp; Shredded Cheddar Cheese with Corn Salad</i>	<i>Boneless Chicken Wings with Baked Potato Chips and Vegetable Crudites</i>	 <i>Whole Wheat Pizza and Chef Choice Salad</i>	<i>French Dip Grinders with Baked Rosemary French Fries</i>	<i>Whole Grain Penne Pasta with Beef Meatballs</i>
<i>Turkey Meatloaf with Mashed Potatoes and Spinach</i>	<i>Chicken Cacciatore with Peppers and Jasmine Rice</i>	<i>Flank Steak, Mashed Potatoes &amp; Green Beans</i>	<i>Potato Crusted Cod, Rice Pilaf, Mixed Vegetables</i>	<i>Balsamic Roast Pork Tenderloins with Quinoa and Sauteed Broccolini</i>	<i>Chicken &amp; Waffles with Coleslaw</i>	<i>Beef Short Ribs with Risotto &amp; Carrots</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
<b>Egg Croissant Sandwich</b> <i>Alternative: Danish</i>	<b>Waffle Sticks with Sausage Patty</b> <i>Alternative: Homemade Bread Pudding</i>	<b>Eggs Over Easy with Corned Beef Hash</b> <i>Alternative: Oatmeal Bar</i>	<b>French Toast with Candian Bacon</b> <i>Alternative: Cinnabuns</i>	<b>Breakfast Wraps</b> <i>Alternative: Homemade Cereal Bars</i>	<b>Veggie Omllette with Local Feather Ridge Farm Eggs and Hash Browns</b> <i>Alternative: Coffee Cake</i>	<b>Breakfast Banana Split (Greek Yogurt, Berries, Granola &amp; Honey)</b> <i>Alternative: Scones</i>
<b>Meat Lasagna with Garlic Bread</b>	<b>Tortilla Crusted Tilpia with Rice Pilaf and Corn</b> 	<b>Loaded Baked Potato Bar</b>	<b>Whole Grain Chicken Patty &amp; Orzo Salad</b>	<b>Classic Beef Goulash with Garlic Green Beans</b>	<b>Chicken Parmesan with Penne Pasta and Vegetable Blend</b>	 <b>Hebrew National Beef Hot Dogs with Vegetarian Baked Beans and Coleslaw</b>
<b>Corned Beef with Baby Fingerling Potatoes and Cabbage</b>	<b>Chicken Fra Diavolo with Spaghetti Squash</b>	<b>Shrimp Scampi with Linguini and Asparagus</b>	<b>Jerk Chicken with Pineapple, Rice &amp; Cauliflower</b>	<b>Beef &amp; Vegetable Stew with Polenta</b>	 <b>Chipotle Night Build your own Burrito Bowl</b>	<b>Chicken Gyro, Oven Baked Fries &amp; Greek Salad</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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Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

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# Maplebrook School Menu Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Oatmeal Bar</b> <i>Alternative: Bagels</i>	<b>English Muffin</b> <b>Breakfast Pizza</b> <i>Alternative: Danish</i>	<b>Belgian Waffle and Sausage Links</b> <i>Alternative: Monkey Bread</i>	<b>Breakfast Banana Split (Greek Yogurt, Berries, Granola &amp; Honey)</b> <i>Alternative: Scones</i>	<b>Quiche w/Cheese</b> <i>Alternative: Smoothies</i>	<b>Biscuits &amp; Sausage Gravy</b> <i>Alternative: Whole Grain English Muffin</i>	<b>Hard Boiled Eggs with Bacon &amp; Grapefruit</b> <i>Alternative: Donut</i>
<b>Asian Meatballs with Sobo Noodles and Powerslaw</b>	<b>Chicken Po Boy with French Fries and Pickles</b>	<b>Cheese Quesadillas with Corn Salad &amp; Guacamole</b> 	<b>Chicken Tenders, Macaroni &amp; Cheese &amp; Broccoli Salad</b>	<b>Fish Fillet Sandwich with Chips and Cucumber Salad</b>	<b>Chicken Curry with Jasmine Rice and Glazed Carrots</b>	<b>Grilled Cheese Sandwich with Coleslaw and Fresh Cut Fruit</b>
<b>Chef's Choice</b>	<b>Glazed Ham with Scalloped Potatoes and Pearl Onions &amp; Peas</b>	<b>Roasted Pork Loin with Polenta and Sauteed Spinach</b>	<b>Maple Crusted Salmon with Rice Pilaf and Haricot Vert</b>	 <b><u>Mexican Night</u></b> <i>with Spanish Rice</i>	<b>Breakfast for Dinner</b>	<b>Vegetable Lasagna with Chicken Sausage</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.

\*\*\*\*\***Vegetable choice are subject to change depending on season and organic & local when possible**\*\*\*\*\*

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

# Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Pancakes 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>Fried Eggs with Home Fries Alternative: Cinnabon Toast</i>	<i>Biscuits &amp; Sausage Gravy Alternative: Croissant</i>
<i>Beef Empanadas with Mexican Rice and Endive</i>	<i>Philly Cheese Steak Grinder with Sauteed Peppers &amp; Onions</i>	<i>Grilled Cheese Sandwich, Orzo Salad &amp; Fresh Cut Fruit</i>	<i>Grilled Chicken, Pita Chips &amp; Spinach Feta Bistro</i>	<i>Sloppy Joes with Potato Chips and Pickle Spears</i>	<i>Ruben Sandwich with Oven Baked Sweet Potato Fries</i>	<i>Chili with Brown Rice and Corn Bread</i>
<i>Pot Roast with Root Vegetables and Baby Red Potatoes</i>	<i>Turkey Dinner with Stuffing and Green Beans</i>	<i>Pork &amp; Veggie Stir Fry with Jasmine Rice and Spring Roll</i>	<i>Chicken Fricassee with Egg Noodles and Broccoli</i>	<i>Chef's Choice Fish Night</i>	<i>Salisbury Steak with Mashed Potato and Brussel Sprouts</i>	<i>Pesto Chicken Florentine Casserole with Dinner Rolls</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.

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