




# 2023-2024



 <b>CHEF'S TABLE</b> <small>WORLD CLASS</small>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	Chicken Snack Wrap & Garden Salad  served with fruit & choice of milk or juice \$6.25	Spaghetti with Meat Sauce & Caesar Salad  served with fruit & choice of milk or juice \$6.25	Chicken & Cheese Quesadilla with Mexican Rice  served with fruit & choice of milk or juice \$6.25	Beef, Tomato, Macaroni Casserole with Garlic Bread Stick  served with fruit & choice of milk or juice \$6.25	BBQ Chicken Drumstick, Mashed Potato & Corn  served with fruit & choice of milk or juice \$6.25
<b>WEEK 2</b>	Hamburger & Roasted Potato Wedges  served with fruit & choice of milk or juice \$6.25	Grilled Cheese Sandwich & Chicken Noodle Soup  served with fruit & choice of milk or juice \$6.25	Classic Lasagna & Caesar Salad  served with fruit & choice of milk or juice \$6.25	Shepherds Pie Bowl with Steamed Carrots  served with fruit & choice of milk or juice \$6.25	Sweet & Sour Chicken with Stirfried Veggies & Rice  served with fruit & choice of milk or juice \$6.25
<b>Daily Alternate Meal Week 1 and 2</b>	Mac 'n Cheese with Veggies & Dip  served with fruit & choice of milk or juice \$6.25	Soft Beef Taco with Mexican Rice  served with fruit & choice of milk or juice \$6.25	Cheese Pizza Slice with Veggies  served with fruit & choice of milk or juice \$6.25	Chicken Fingers, Potato Wedges and Veggies & Dip  served with fruit & choice of milk or juice \$6.25	Pancakes with Grilled Ham & Syrup  served with fruit & choice of milk or juice \$6.25
<b>WEEK 1 DATES</b>			<b>WEEK 2 DATES</b>		
September 6- 8 September 19 - 22 October 3 - 7 October 17 - 21 October 31 - Nov 4 November 14 - 18 Nov 28 - Dec 2	December 12 - 16 December 26 - 30 January 9 - 13 January 23 - 27 February 6 - 10 February 20 - 24 March 6 - 10	March 20 - 24 April 3 - 7 April 17 - 21 May 1 - 5 May 15 -19 May 29 - June 2 June 12 - 16	September 12 - 16 September 26 - 30 October 10 - 14 October 24 - 28 November 7 - 11 November 21 -25 December 5 - 9	December 19 - 23 January 2 - 6 January 16 - 20 January 30 - February 3 February 13 - 17 February 27 - March 3 March 13 - 17	March 27 - 31 April 10 - 14 April 24 - 28 May 8 - 12 May 22 - 26 June 5 - 9 June 19 - 23



# Daily Items 2023-2024



<p><b>BREAKFAST</b> RISE N' DINE</p>	Bagel with Butter	\$ 2.50
	Bagel with Cream Cheese	\$ 3.50
	Yogurt Parfait	\$ 4.25
<p><b>GRILL</b> SIZZLE WITH STYLE</p>	Grilled Hamburger	\$ 4.50
	Cheeseburger	\$ 5.25
	Grilled Chicken Burger	\$ 5.25
	Crispy Chicken Burger	\$ 5.50
	Chicken Nuggets with Sauce	\$ 4.00
	Hand Made Oven Roasted Fries	\$ 3.50
	Baked Popcorn Chicken with Sauce	\$ 4.00
	Baked Fries	\$ 3.50
Gravy	\$ 0.50	
<p><b>SANDWICH</b> DELI-CIOUS</p>	Tuna Salad Sandwich on WW	\$ 4.50
	Grilled Cheese Sandwich	\$ 4.50
	Ham & Cheese on WW	\$ 4.50
	Chicken Snack Wrap	\$ 4.25
<p><b>SALAD</b> GREEN WITH ENVY</p>	Garden Salad - 12oz	\$ 4.00
	Caesar Salad - 12oz	\$ 4.00
	Fruit Salad	\$ 3.00
<p><b>PIZZA</b> FAST. FRESH. DELICIOUS.</p>	Pizza Slice	\$ 4.50
	Garlic Fingers	\$ 5.00
	Panzarotti	\$ 6.25

<p><b>GRAB &amp; GO</b> QUICK CUISINE</p>	Baked Tortillas and Salsa	\$ 3.00
	Veggies and Dip with Hummus	\$ 4.00
	Veggies and Dip with Ranch	\$ 3.25
	Cheese, Grapes and Crackers	\$ 4.25
	Apple Wedges with Honey Yogurt Dip	\$ 3.50
	Local Apples	\$ 1.50
	Bananas	\$ 1.50

Fresh Grapes (2oz)	\$ 3.00
Fruit Smoothie	\$ 3.60
Carrot & Celery sticks with dip	\$ 2.25

<p><b>GRAB &amp; GO</b> QUICK CUISINE</p>	Small Milk	\$ 0.65
	Small Chocolate Milk	\$ 0.65
	500ml Water Nestle	\$ 1.75
	591ml Water Aquafina/Dasani	\$ 2.25
	Can Juice	\$ 2.25

Sparkling Can Water	\$ 2.25
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<p><b>BAKERY</b> HAVE A BITE</p>	1oz Cookie	\$ 1.00
	2oz Cookie	\$ 1.40
	Fresh Baked Muffin	\$ 2.00
	Reduced Fat Banana Loaf	\$ 2.00
	Oatmeal Berry Loaf	\$ 2.00

Cinnamon Buns	\$ 2.00
Squares	\$ 2.00