



October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 chefs global Monday tastes</p> <ul style="list-style-type: none"> ~ Korean beef hot pot & rice ~ Japchae noodles-n ~ grilled cheddar cheesewich-n garlic oven diced potatoes "Old Bay" sweet corn & peas pickle spear(s) fresh seasonal fruit lemon gelatin & pears 	<p>4</p> <ul style="list-style-type: none"> ~ spaghetti alla Carbonara ~ eggplant parmesan-n fresh baked garlic whole grain roll(s) ~ kinda' deep dish pizza-n Italian vegetable medley white beans & stewed tomatoes Caesar side salad carrot cake spice bar 	<p>5</p> <ul style="list-style-type: none"> ~Southern "red" bbq chicken ~ Mac n' four cheese pasta-n fresh baked wheat breadstick(s) ~ skirt steak sandwich/kaiser roll maple orange sweet potatoes steamed lemony broccoli florets fresh kale & spinach side salad baked cinnamon apples 	<p>6</p> <ul style="list-style-type: none"> ~ savory beef steak & gravy ~ Caribbean "Jerk" chicken wings fresh baked whole wheat roll(s) ~ baked 3-cheese French loaf-n butter & parsley mashed potatoes yellow squash & green beans chilled peach halves in light syrup chocolate-vanilla swirl yogurt "pudding" 	<p>7</p>
<p>10 chefs global Monday tastes</p>	<p>11</p> <ul style="list-style-type: none"> ~ Roman meatballs & sauce ~ alfredo primavera sauce-n whole grain penne pasta side ~ pizza selections by the slice-n parmesan cauliflower/broccoli fresh baked garlic breadstick(s) chopped Italian side salad fresh cut pineapple wedges 	<p>12</p> <ul style="list-style-type: none"> ~ herb "oven-fried" chicken ~ broccoli cheddar baked potato-n oat n' wheat bread & european butter ~ turkey dog/whole wheat bun cowboy ranch beans lemon pepper green beans chilled diced peaches in syrup blueberry oat mini muffins 	<p>13</p> <ul style="list-style-type: none"> ~ Mississippi oven brisket ~ garden chili n' cheese-n fresh baked whole wheat roll(s) fresh baked biscuits w/roasted chicken rosemary red potatoes cumin confetti corn fresh sliced seasonal melon baked peaches and whipped topping 	<p>14</p> <ul style="list-style-type: none"> ~ tropical-style fish tacos ~ shredded chicken nachos ~ grilled cheese quesadilla-n spinach cheddar brown rice seasoned black beans cucumber pico de gallo salad fresh seasonal fruit cinnamon pastry puff
<p>Offered every day in your cafeteria: at least 3 entrees - multiple sides - fresh fruit - salad bar (most schools) - fresh-made sandwiches (at least three varieties) and salad bowls fruit, cheese, and/or veggie trays - fresh baked muffins, cookies, and other bakery "snacks" - baked chips - milk selections - 100% fruit juice - bottled waters</p>				
<p>17 chefs global Monday tastes</p> <ul style="list-style-type: none"> Shanghai beef street noodles Moo Sho vegetable bowl-n ~ chicken breast nuggets fresh baked whole wheat breadstick(s) seasoned crinkle cut oven fries steamed tarragon carrots fresh fruit n' yogurt cup whole grain oatmeal cookie 	<p>18</p> <ul style="list-style-type: none"> ~ homestyle meatloaf & gravy fresh baked whole wheat roll(s) ~ carved turkey/kaiser roll ~ baked 3-cheese French loaf-n "real" mashed potatoes French-style peas with mint fresh spinach side salad fresh red grape bunches 	<p>19</p> <ul style="list-style-type: none"> ~ baked chicken Romano ~ panko crumb lemon baked fish fresh baked tomato parmesan roll(s) ~ gyro pizza selections-n parsley chive green beans parmesan rice pilaf with vegetables mixed fruit with cherries pineapple crumb cake 	<p>20</p> <ul style="list-style-type: none"> ~ Texas "ranch bbq" chicken wings ~ Mac n' four cheese pasta-n fresh baked whole grain roll(s) ~ Chili Joe sandwich/wheat bun sea salt roasted red potatoes California vegetable medley "south of the border" cole slaw fresh seasonal fruit 	<p>21</p> <ul style="list-style-type: none"> ~ ranchero chicken enchiladas ~ made to order "taco beef" burrito ~ cheddar nacho sauce/chips-n "charro" pinto beans Spanish-style brown rice leafy taco side salad fresh sliced melon baked apple "churro"
<p>24 chefs global Monday tastes</p> <ul style="list-style-type: none"> ~ Louisiana Jambalaya (chicken/turkeyham) ~ eggplant & corn fritters-n ~ charbroiled cheeseburger whole wheat burger bun oven baked potato tots garlic green beans burger "salad" (L/T/P) strawberries and applesauce 	<p>25</p> <ul style="list-style-type: none"> ~ honey mustard bbq chicken ham steak (cured turkey) & pineapple fresh baked whole wheat breadstick(s) ~ grilled cheddar cheesewich-n herb roasted sweet potatoes lemony steamed broccoli florets chilled diced pears in juice apple oat bar 	<p>26</p>	<p>27</p> <ul style="list-style-type: none"> ~ breakfast for lunch-n waffles/syrup, egg & sausage patty ~ creole-style baked fish ~ chicken corny dog "home-fry" oven diced potatoes black-eyed peas & greens whole grain "lotsa corn" cornbread fresh seasonal fruit 	<p>28</p> <ul style="list-style-type: none"> ~ Santa Fe chicken & Jack chalupa ~ cheddar tamale pie-n ~ beef & veggie fajita wrap cilantro black beans New Mexico "green" rice fresh cabbage & lettuce salad with lime dressing jicama orange salad "biscochitos" cookies
<p>"-n" means non-meat entrée - choose an entrée and 3 sides for your complete plate - menu is always baked and never fried - no pork or peanut on menu - only fresh or frozen vegetables used in our cooking most bread is fresh baked in our kitchens and sent to you (except burger/dog buns and pizza crusts which are always whole wheat/whole grain) - we cook low salt/lower sugar/and mostly low fat</p>				
<p>31 chefs global Monday tastes</p> <ul style="list-style-type: none"> ~ Argentine chimichurri beef ~ South American lentil stew ~ chicken breast nuggets fresh baked whole wheat breadstick(s) seasoned crinkle cut oven fries bbq white beans fresh fruit n' yogurt cup whole grain chip cookie bites 				

