

Soup du Jour

Mon	Cream of Asparagus
Tue	Spring Vegetable with Rice
Wed	Southwestern Black Bean & Corn Chowder
Thurs	Miso Soup
Fri	Tuscan White Bean with Kale

Dessert

Monday – Oatmeal Raisin Cookie

Tuesday – Donut Buffet

Wednesday – Chocolate Chip Cookie

Thursday – Vanilla Pudding

Friday – Rice Krispy Bars

Daily Offerings

Deli Bar

House Roasted Turkey
Assortment of Deli Meats & Cheeses
Variety of Local Breads

Salad Bar

Simple Greens
Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad
& Hummus
Assortment of Local and Seasonal Hand
Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée

BBQ Shredded Chicken Slider or Tofu, Lentil & Veggie Slider
Broccoli- Blue Cheese Slaw

Action Station Cavatappi with Marinara
Steamed Broccoli & Roasted Italian Sausage

Fit Station Sweet & Smoky Baked Beans, Steamed Green Beans w/
Shallot Butter & Grape Tomatoes
Tater Tots

Salad Bar Chicken Caesar Salad

T Entrée

Ground Beef Tacos or Vegan Chorizo & Black Bean Tacos

Action Station Cavatappi with Garlic Alfredo
Roasted Portabella Mushrooms
Shredded Balsamic Chicken

Fit Station Spanish Rice
Corn, Edamame, Black Bean, & Pepper Sauté
Refired Beans

Salad Bar Pico de Gallo, Guacamole & Tortilla Chips

W Entrée

Mac & Cheese with or without Bacon & Jalapeno
Roasted Cheddar Sausage

Action Station Chef Carved Roast Beef with Horseradish Cream Sauce
Sautéed Onions & Mushrooms & Slider Buns

Fit Station Stewed White Beans w/ Peppers, Onions & Garlic
Roasted Broccoli with Lemon, Thyme & Parmesan

Salad Bar Italian Pasta Salad

Th Entrée

Tandoori Chicken Tenders w Mango Chutney
Garlic Butter Naan Bread

Action Station Tortellini with Marinara
Roasted Artichoke Hearts
Ground Beef with Basil, Oregano & Garlic

Fit Station Saffron-Lemon Jasmine Rice
Honey Orange Glazed Carrots
Stewed Indian Lentils

Salad Bar Asian Noodle Salad w/ Sesame-Ginger-Lime Dressing

F Entrée

Cheese Pizza

Action Station Nacho Bar with Sautéed Peppers & Onions
Chorizo & Black Beans, Sour Cream & Tomatoes

Fit Station Cheese & Ricotta Calzones,
Breadsticks with Marinara
Italian Roasted Zucchini & Squash Medley

Salad Bar BBQ Chicken Chopped Salad, Cheddar & Ranch

Soup du Jour

Mon	Cream of Cauliflower w/Cheddar
Tue	Tomatillo & Green Chili Chicken Pozole
Wed	Cream of Mushroom
Thurs	Cream of Broccoli
Fri	Rustic Tomato-Vegetable

Dessert

Monday – Churros with Chocolate Dipping Sauce
 Tuesday – Rice Krispy Bars
 Wednesday – Sugar Cookies
 Thursday – Golden Graham Bars
 Friday – Brownie Cupcakes

Daily Offerings

Deli Bar

House Roasted Turkey
 Assortment of Deli Meats & Cheeses
 Variety of Local Breads

Salad Bar

Simple Greens
 Seasonal Gourmet Greens
 Assortment of Freshly Cut Toppings, Grains & Legumes
 House-Made Salad Dressings
 House Made Croutons
 Prepared Deli Salads Including:
 Chicken Salad, Egg Salad, Tuna Salad & Hummus
 Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
 Assortment of 100% Juices
 Seasonal House-Made Beverages

M Entrée

Grilled Bratwurst or Vegan Brat with Sauerkraut
 Spaetzle Dumplings

Action Station Gemelli with Marinara
 Steamed Broccoli & Roasted Italian Sausage

Fit Station Rice Pilaf
 Steamed Green Beans with Lemon
 Cheese Curds

Salad Bar Arugula Salad w/ Blackberries, Sunflower Seeds, Lemon Honey-Thyme Vinaigrette

T Entrée

Shredded Chipotle Beef Tacos or Vegan Chorizo-Bean Tostada

Action Station Gemelli with Garlic Alfredo
 Roasted Portobello Mushrooms
 Shredded Balsamic Chicken

Fit Station Achiote Yellow Rice
 Black Bean Sofrito
 Fajita Pepper, Onions & Corn

Salad Bar Red Quinoa, Kale & Roasted Brussels Sprout Salad, Apricot Vinaigrette

W Entrée

Three Cheese Melt
 Potato Chips

Action Station Chef Carved Turkey with Cranberry Mayo
 Apple Mustard Slaw

Fit Station Seasoned French Fries
 Steamed Broccoli

Salad Bar Nicoise Salad with Tuna, Olives, Potatoes, Basil Parsley Vinaigrette

Th Entrée

Roasted Chicken Wings or Roasted 'Beyond' Chicken Strips
 Ranch or Blue Cheese Dressing
 Carrot & Celery Sticks

Action Station Gnocchi with Wild Mushroom Ragu
 Roasted Asparagus
 Shredded Basil Garlic Chicken

Fit Station Wild Rice Pilaf
 Sweet Potato Tots
 Honey-Molasses Glazed Carrots

Salad Bar Mediterranean Bowtie Pasta Salad

F Entrée

Cheese Pizza

Action Station Nacho Bar with Sauteed Peppers & Onions
 Chorizo & Black Beans, Sour Cream & Tomatoes

Fit Station Cheese & Ricotta Calzones
 Breadsticks with Marinara
 Italian Roasted Zucchini & Squash Medley

Salad Bar BBQ Chicken Chopped Salad, Cheddar & Ranch

Soup du Jour

Mon	Cream of Broccoli-Cheddar
Tue	Chicken Noodle
Wed	Minestrone
Thurs	Southwestern Black Bean
Fri	Oatmeal w/ Assorted Toppings

Dessert

Monday – Chocolate Chip Cookies

Tuesday – Golden Graham Bars & Butterscotch Rice Krispy Bars

Wednesday – Snickerdoodles

Thursday – Chocolate Oreo Pudding

Friday – Red Velvet Cupcakes

Daily Offerings

Deli Bar

House Roasted Turkey
Assortment of Deli Meats & Cheeses
Variety of Local Breads

Salad Bar

Simple Greens
Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad & Hummus
Assortment of Local and Seasonal Hand Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée

Chili Cheese Hot Dog or Vegan Hot Dog
Potato Chips

Action Station

Penne Pasta with Marinara
Basil Roasted Cauliflower & Roasted Italian Sausage

Fit Station

Spiced Potato Wedges
Steamed Green Beans

Salad Bar

Caesar Salad

T Entrée

Shredded Pork Sliders or Shredded Meatless Sliders
Creamy Cole Slaw

Action Station

Penne with Garlic Alfredo, Roasted Asparagus & Shredded Balsamic Chicken

Fit Station

Rice
Honey Glazed Carrots

Salad Bar

Roasted Sweet Potato, Arugula & Pear Salad with Blue Cheese, Pomegranate & Orange-Dijon Vinaigrette

W Entrée

Chicken Parmesan or Eggplant Parmesan & Ciabatta

Action Station

Chef Carved Brisket with Root Beer BBQ Sauce
Texas Apple-Vinegar Mustard Slaw & Cornbread

Fit Station

BBQ Baked Beans
Roasted Summer Medley, Carrots, Asparagus, Peppers & Squash

Salad Bar

Chopped Greek Salad, Grilled Chicken, Chickpeas, Red Onion, Dill, Feta, Olives & Red Wine Vinaigrette

Th Entrée

Cheese Quesadilla with Sour Cream & Salsa

Action Station

Three Cheese Ravioli with Marinara, Steamed Broccoli
Italian Sausage Crumbles with Basil, Oregano & Garlic

Fit Station

Black Bean Sofrito
Spanish Ric
Elote Corn

Salad Bar

Southwestern BBQ Chicken Salad, Black Beans, Corn, Pico Di Gallo, Tortilla Chips & Chipotle Ranch Dressing

F Entrée

Cheese Pizza

Action Station

Breakfast Bowl – Cheesy Eggs, Sausage Gravy, Roasted Potatoes, Peppers & Onions

Fit Station

Buttered Gnocchi
Sautéed Julienne Zucchini, Squash & Carrot Medley

Salad Bar

Chopped Iceberg Salad, Blue Cheese, Bacon, Roasted Tomatoes, Red Onions & Blue Cheese Dressing

Soup du Jour

Mon	Cream of Asparagus
Tue	Spring Vegetable with Rice
Wed	Miso Soup
Thurs	Rustic Creamy Italian Tomato-Basil
Fri	Vegetable Barley

Dessert

Monday – Oatmeal Raisin Cookie

Tuesday – Assorted Iced Scones

Wednesday – Chocolate Chip Cookie

Thursday – Strawberry-Rhubarb Cobbler

Friday – Carrot Cake

Daily Offerings

Deli Bar

House Roasted Turkey
Assortment of Deli Meats & Cheeses
Variety of Local Breads

Salad Bar

Simple Greens
Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad
& Hummus
Assortment of Local and Seasonal Hand
Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée

Beef Burger or Veggie Burger, Assorted Toppings

Action Station Rigatoni with Marinara, Steamed Broccoli & Roasted Italian Sausage

Fit Station French Fries
Steamed Green Beans with Lemon

Salad Bar Chicken Caesar Salad

T Entrée

Apple Dijon Pork Loin or Arab-American Heritage Month Special:
Baba Ghanouj Charred Eggplant Salad

Action Station Rigatoni with Mushroom Alfredo, Roasted Asparagus & Beef Meatballs

Fit Station Roasted Sweet Potatoes
Steamed Cauliflower

Salad Bar Southwest Salad, Chipotle Tofu, Pico, Arugula, Quinoa & Greek Yogurt Ranch

W Entrée

Miso-Ginger Marinated Chicken Thighs
Steamed Jasmine Rice

Action Station Chef Carved Soy Braised Pork Belly with Asian BBQ Sauce
Asian Slaw & Bao Buns

Fit Station Steamed Jasmine Rice
Hoisin Glazed Broccoli

Salad Bar Roasted Tomato Tabbouleh Salad

Th Entrée

Philly Cheese Steak Wrap with Mushrooms, Onions, Peppers & White American Cheese

Action Station Ravioli with Marinara, Roasted Artichoke Hearts,
Italian Sausage Crumbles with Basil & Garlic

Fit Station Roasted Red Potatoes
Carrot & Parsnip Medley with Rosemary & Garlic Butter

Salad Bar Caprese Salad with Heirloom Tomatoes & Arugula

F Entrée

Cheese Pizza Flatbread

Action Station Pesto & Fresh Mozzarella Flatbread

Fit Station Buttered Macaroni
Roasted Squash Medley

Salad Bar BBQ Chicken Chopped Salad with Cheddar & Ranch Dressing