



CAFETERIA MENUS—WEEK OF SEPTEMBER 3RD, 2018

* Indicates Low Fat/Healthy Options

MONDAY LUNCH

Beef & Noodles*
Pizza
Mashed Potatoes* Corn*
Breaded Mozzarella Sticks

TUESDAY LUNCH

Grilled Chicken Breast*
Turkey Tetrazzini
Pasta & Veg Blend* Steamed Zucchini*
Garden Veg Soup*

WEDNESDAY LUNCH

Grilled Chicken Strips*
Stuffed Pollock*
Whole Grain Rice* Caribbean Veg*
Cactus Chili

THURSDAY LUNCH

Turkey Roast*
Grilled Cheese
Tater Tots Normandy Veg*
Tomato Soup

FRIDAY LUNCH

Peppercorn Tilapia*
BBQ Rib Patty
Grilled Potatoes* Green Beans*
Chicken Noodle Soup

MONDAY DINNER

Chicken Stir Fry*
Stuffed Pollock*
Whole Grain Rice*
Carrots*

TUESDAY DINNER

Lemon Pepper Sole*
Pork Fritter
Mashed Potatoes* Gravy
Mixed Veg*

WEDNESDAY DINNER

Tuna Casserole*
Grilled Pizza Patty
Mozzarella Sticks
Green Beans*

THURSDAY DINNER

Stuffed Green Pepper*
Chicken Strips
Mashed Potatoes* Gravy
Corn*

FRIDAY DINNER

Cheese Stuffed Shells*
Fried Cod Filet
Baked Potato* Broccoli*
Cheese Sauce

HOURS OF OPERATION: Breakfast 7a-9:30a, Lunch 11a-1:45p, Dinner 4:30p-6p