

Date	Breakfast Items	Price	Entrée 1 Includes 2 Sides and Entrée Extras	Price	Vegetarian Entrée 2 Includes 2 Sides and Entrée Extras	Price	Entrée Extras	Side 1	Price	Side 2	Price	Grill	Price	North End	Price
Thursday, October 1	Cinnamon Swirl Pancakes with Icing Contains: Wheat, Egg, Soy, Dairy	4.05	Chicken Fajitas with Peppers and Onions	8.25	Veggie Fajitas with Peppers and Onions	7.2	Flour or Corn Tortillas, Salsa, Sour Cream Guacamole Contains: Wheat, Dairy	Jasmine Rice	2.30	Southwestern Black Beans		Traditional BLT on Grilled Sourdough Bacon, Lettuce, Tomato with Mayo Contains: Wheat	5.65	Sweet Italian Sausage Sub with Onions and Peppers on a Soft Torpedo Roll Contains: Wheat	5.65
Friday, October 2	Build Your Own Acai Bowl with Strawberries, Blueberries, Bananas, Granola, Chocolate Chips. Toasted Coconut and Honey	5	Orange Glazed Chicken Contains: Wheat, Soy	8.25	Orange Glazed Tofu Contains: Wheat, Soy	7.2	Scallions, Orange Zest	Jasmine Rice	2.30	Steamed Broccoli		Corn Dog Bites with Fries Contains: Dairy, Wheat, Egg, Soy	5.65	Cheese Pizza or Specially Topped Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25
Monday, October 5	Jumbo Cheddar Bacon Stuffed Tater Tots Contains: Dairy, Egg	4.5	Chicken Scampi Sautéed Chicken in a Garlic, Lemon Butter Sauce Contains: Wheat, Dairy	8.25	Cauliflower Scampi Crispy Cauliflower in a Garlic, Lemon Butter Sauce Contains: Dairy	7.2	Parmesan Cheese, Rolls with Butter Contains: Dairy, Wheat	Pasta with a Garlic, Lemon Butter Sauce Contains: Dairy, Wheat	2.30	Roasted Summer Squash and Zucchini		Steak and Cheese Eggrolls with Ranch Dipping Sauce Contains: Dairy, Wheat, Egg, Soy	5.65	Caprese Grilled Cheese Sliced Tomato, Fresh Mozzarella Cheese, Balsamic Glaze on Grilled Italian Bread Contains: Dairy, Wheat, Soy	5.65
Tuesday, October 6	Sourdough Toast with Mashed Avocado and Everything Bagel Seasoning Contains: Wheat	4.5	Sweet and Sour Meatballs Contains: Dairy, Wheat, Egg, Soy	8.25	Veggie Sweet and Sour Meatballs Contains: Dairy, Wheat, Egg, Soy	7.2	Pineapple Chunks, Fortune Cookies Contains: Soy, Wheat	Jasmine Rice	2.30	Steamed Broccoli		Veggie Burger with Lettuce and Tomato on a Roll Contains: Soy, Wheat	5.65	Potato Gnocchi in a Pink Tomato Sauce Contains: Dairy, Soy, Egg	5.65
Wednesday, October 7	Strawberry Banana or Pineapple Mango Smoothie Contains: Dairy	4.5	BBQ Chicken Breast	8.25	BBQ Tofu Contains: Soy	7.2	Cornbread with Honey Butter Contains: Wheat, Egg, Dairy	Creamy Mashed Potatoes Contains: Dairy	2.30	Corn on the Cob		Traditional Turkey Club Sliced Turkey, Bacon, Lettuce, Tomato, Mayo on Toasted Club White Bread Contains: Wheat, Egg	5.65	Toasted Cheese Ravioli with Marinara Dipping Sauce Contains: Dairy, Wheat, Egg, Soy	5.65
Thursday, October 8	Pancake Tacos 2 Pancakes Filled with Scrambled Eggs, Sausage and Cheddar Cheese Contains: Dairy, Wheat, Egg, Soy	4.5	Beef or Chicken Tacos in Crispy Corn or Soft Flour Taco Shells Contains: Wheat	8.25	Crumbled Tofu Tacos in Crispy Corn or Soft Flour Taco Shells Contains: Wheat	7.2	Shredded Cheddar, South Cream, Salsa, Guacamole Contains: Dairy	Yellow Rice	2.30	Southwestern Black Beans		Chicken, Bacon, Ranch Sandwich on a Roll Contains: Dairy, Egg, Wheat	5.65	Cheese Stuffed Shells with Homemade Marinara Contains: Dairy, Wheat, Egg, Soy	5.65
Friday, October 9	Build Your Own Acai Bowl with Strawberries, Blueberries, Bananas, Granola, Chocolate Chips. Toasted Coconut and Honey	5	Plain or Buffalo Wing Dings Contains: Soy, Wheat	8.25	Breaded Mac and Cheese Bites Contains: Dairy, Wheat	7.2	Ranch, Honey Mustard, BBQ Sauce, Sweet and Sour Contains: Dairy, Egg	Crispy Fries Contains: Wheat	2.30	Pasta Salad Contains: Wheat		Turkey Burger with Lettuce and Tomato on a Roll Contains: Dairy, Wheat	5.65	Cheese Pizza or Specially Topped Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25
Monday, October 12															
Tuesday, October 13	Bacon, Egg and Cheese Eggrolls Contains: Dairy, Wheat, Egg	4.75	Honey Chipotle Chicken Burrito Bowl	8.25	Corn Sofrito Burrito Bowl with Peppers and Onions	7.2	Shredded Cheddar, South Cream, Salsa, Guacamole	Jasmine Rice	2.30	Southwestern Black Beans	2.30	Buffalo Chicken Wrap with Cheddar, Ranch, Lettuce, Tomato Contains: Dairy, Wheat, Egg, Soy	5.65	Meatball Sub with Provolone Cheese on a Soft Torpedo Roll Contains: Dairy, Soy, Wheat, Egg	5.65
Wednesday, October 14	Strawberry Banana or Pineapple Mango Smoothie Contains: Dairy	4.5	Chicken Parmesan Contains: Dairy, Wheat	8.25	Eggplant Parmesan Contains: Dairy, Wheat	7.2	Parmesan Cheese, Rolls with Butter Contains: Dairy, Wheat	Pasta with Marinara Sauce Contains: Wheat	2.30	Garlic Roasted Green Beans	2.30	Potato Skin Boats Filled with Cheese and Bacon and Sour Cream on the Side Contains: Dairy	5.65	Prosciutto and Provolone Grilled Cheese on Italian Bread Contains: Wheat, Dairy	5.65
Thursday, October 15	Cinnamon Swirl French Toast with Maple Syrup and Homemade Cinnamon Butter Contains: Dairy, Wheat, Egg	4.75	Chicken Teriyaki Contains: Soy	8.25	Crispy Cauliflower Teriyaki Contains: Soy	7.2	Fortune Cookies Contains: Soy, Wheat	Asian Fried Rice Contains: Soy	2.30	Roasted Carrots and Snow Peas	2.30	Chicken Parmesan Sliders with Fries 2 Sliders with Breaded Chicken, Marinara Sauce and Provolone Cheese Contains: Dairy, Soy, Wheat	5.65	Cheese Tortellini with Alfredo Sauce Contains: Egg, Dairy, Wheat, Soy	5.65

Friday, October 16	Build Your Own Acai Bowl with Strawberries, Blueberries, Bananas, Granola, Chocolate Chips. Toasted Coconut and Honey	5	Tater Tot Chicken Pot Pie Chicken, Peas and Carrots in a Creamy Chicken Gravy topped with Tater Tots Contains: Dairy, Wheat	8.25			Creamy Chicken Gravy Contains: Dairy, Wheat	Creamy Mashed Potatoes Contains: Dairy	2.30	Peas and Carrots	2.30	Veggie Burger with Lettuce and Tomato on a Roll Contains: Soy, Wheat	5.65	Cheese Pizza or Specially Topped Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25
Monday, October 19	Chocolate Chip Pancakes with Maple Syrup Contains: Wheat, Egg, Soy, Dairy	4.05	Chicken Teriyaki Potstickers Contains: Wheat, Soy	8.25	Veggie Spring Rolls Contains: Dairy, Soy	7.2	Soy Dipping Sauce Contains: Soy	Jasmine Rice	2.30	Steamed Broccoli	2.30	Grilled American Cheese with Bacon on Texas Toast Contains: Wheat, Soy, Dairy	5.65	Sweet Italian Sausage Tossed with Pasta in a Homemade Marinara Sauce Contains: Wheat	5.65
Tuesday, October 20	Irish Sausage Rolls Contains: Wheat, Egg	4.5	Grilled Cajun Chicken	8.25	Roasted Cajun Tofu Contains: Soy	7.2	Parmesan Cheese Contains: Dairy	Pasta Tossed in a Creamy Cajun Alfredo Sauce Contains: Wheat, Dairy	2.30	Cajun Roasted Brussel Sprouts	2.30	Smashburger with American Cheese on a Roll Contains: Dairy, Wheat, Soy	5.65	French Bread Cheese or Pepperoni Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25
Wednesday, October 21	Strawberry Banana or Pineapple Mango Smoothie Contains: Dairy	4.5	Chicken Quesadillas Contains: Wheat, Dairy, Soy	8.25	Cheese Quesadillas Contains: Wheat, Dairy, Soy	7.2	Sour Cream, Salsa, Guacamole Contains: Dairy	Yellow Rice	2.30	Roasted Plantains	2.30	Grilled Chicken Teriyaki Sub with American Cheese on a Soft Torpedo Roll Contains: Dairy, Soy, Wheat	5.65	Meatball Sub with Provolone Cheese on a Soft Torpedo Roll Contains: Dairy, Soy, Wheat, Egg	5.65
Thursday, October 22	Banana Split Waffle Belgium Waffle Topped with Strawberries, Bananas, Chocolate Chips and Whipped Cream Contains: Dairy, Wheat, Egg	4.75	Build Your Own Mac and Cheese with Buffalo Chicken, BBQ Pulled Pork or Bacon Contains: Dairy, Soy, Wheat	8.25	Build Your Own Mac and Cheese with Buffalo Tofu, or BBQ Cauliflower Contains: Dairy, Soy, Wheat	7.2	Parmesan Cheese, Scallions Contains: Dairy	Steamed Broccoli	2.30			Chicken Finger Sub with American Cheese, Lettuce and Tomato on a Soft Torpedo Roll Contains: Wheat, Dairy, Soy	5.65	Three Cheese Calzone Mozzarella, Cheddar and Ricotta with Marinara Sauce Contains: Dairy, Wheat, Soy	5.65
Friday, October 23	Build Your Own Acai Bowl with Strawberries, Blueberries, Bananas, Granola, Chocolate Chips. Toasted Coconut and Honey	5	Chicken Fingers Contains: Wheat	8.25	Mozzarella Sticks Contains: Dairy, Wheat	7.2	Honey Mustard, BBQ Sauce, Sweet and Sour, Marinara Sauce Contains: Dairy, Egg	Crispy Fries Contains: Wheat	2.30	Pasta Salad Contains: Wheat	2.30	BBQ Pulled Pork Sandwich topped with Cheddar Cheese on a Roll Contains: Dairy, Soy, Wheat	5.65	Cheese Pizza or Specially Topped Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25
Monday, October 26	Pumpkin Spice Pancakes with Homemade Cinnamon Butter and Maple Syrup Contains: Wheat, Egg, Dairy, Soy	4.05	Sweet Chili Glazed Chicken Contains: Wheat	8.25	Sweet Chili Glazed Cauliflower	7.2	Fortune Cookies Contains: Soy, Wheat	Jasmine Rice	2.30	Steamed Broccoli	2.30	Chicken and Cheese Taquitos Contains: Dairy, Wheat	5.65	Cheese Tortellini with Homemade Marinara Sauce Contains: Egg, Dairy, Wheat, Soy	5.65
Tuesday, October 27	Chicken and Biscuit Breakfast Sandwich Buttermilk Biscuit with a Fried Chicken Patty and a Drizzle of Honey Contains: Wheat, Egg, Dairy, Soy	5	Beef Lasagna Ground Beef with Ricotta, Parmesan and Mozzarella Cheese and Homemade Marinara Sauce Contains: Dairy, Wheat, Egg	8.25	Cheese Lasagna Ricotta, Parmesan and Mozzarella Cheese and Homemade Marinara Sauce Contains: Dairy, Wheat, Egg	7.2	Parmesan Cheese Contains: Dairy	Side Salad with Italian Dressing	2.30	Garlic Bread with Cheese Contains: Wheat, Dairy	2.30	Toasted Ham and Cheese Sliders with Fries 2 Sliders with Ham and Cheddar Cheese Sweet Hawaiian Rolls Contains: Dairy, Wheat, Egg, Soy	5.65	Buffalo Chicken Flatbread Pizza Crispy Buffalo Chicken, Shredded Cheddar Cheese with a Ranch Base Contains: Dairy, Wheat, Egg, Soy	4.25
Wednesday, October 28	Strawberry Banana or Pineapple Mango Smoothie Contains: Dairy	4.5	BBQ Chicken Nacho Bowls Corn Tortilla Chips Topped with Shredded BBQ Chicken and Cheese Sauce Contains: Dairy	8.25	Cheese Nacho Bowl Contains: Dairy	7.2	Sour Cream, Salsa, Guacamole Contains: Dairy					Crispy Chicken Egg Rolls with Sweet and Sour Dipping Sauce Contains: Wheat, Egg, Soy	5.65	Beef Ravioli with Homemade Marinara Sauce Contains: Dairy, Wheat, Egg, Soy	5.65
Thursday, October 29	Baked Apple and Cinnamon French Toast topped with Homemade Whipped Cream Contains: Wheat, Egg, Dairy, Soy	4.5	Asian Beef Noodle Bowl Contains: Soy	8.25	Tofu Noodle Bowl Contains: Soy	7.2	Fortune Cookies Contains: Soy, Wheat	Lo Mein Noodles Contains: Soy, Wheat, Egg	2.30	Roasted Asian Style Mixed Veggie Contains: Soy	2.30	Steak and American Cheese Sub on a Soft Torpedo Roll Contains: Soy, Wheat	5.65	Chicken Parmesan Calzone with Mozzarella and Marinara Sauce Contains: Dairy, Wheat, Soy	5.65
Friday, October 30	Build Your Own Acai Bowl with Strawberries, Blueberries, Bananas, Granola, Chocolate Chips. Toasted Coconut and Honey	5	Ghoulash Pasta and Ground Beef with Peppers and Onions tossed in a Homemade Marinara Sauce Contains: Wheat	8.25	Vegetarian Ghoulash Pasta with Peppers and Onions tossed in a Homemade Marinara Sauce Contains: Wheat	7.2	Parmesan Cheese	Side Salad with Italian Dressing	2.30	Garlic Bread with Cheese Contains: Dairy, Wheat	2.30	Hot Dog Mummies with Fries Contains: Wheat	5.65	Cheese Pizza or Specially Topped Pizza Contains: Dairy, Soy, Wheat	3.75/ 4.25