



The Shlenker School DAILY HOT LUNCH MENU 2018 – 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	<p>Oven Baked Chicken Tenders with Ranch Chef's Choice of: Roasted Sweet Potatoes or Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p>Crispy or Soft Beef Tacos Mexican Rice Vegetarian Refried Beans Optional Trimmings: Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream Crispy Corn Taco Shell Soft Flour Tortillas</p>	<p>Cod Amantine or Oven Baked Cod Homemade Mac and Cheese Peas and Carrots Or Green Beans</p>	<p>Spaghetti with Meat Sauce Tossed Salad Garlic Bread NOTE: Plain Pasta seasoned with olive oil OR Spaghetti with Meatless Marinara PLEASE CALL OUR OFFICE TO REQUEST GLUTEN-FREE PASTA</p>	<p><u>Chef's Special Meal</u> To be announced each week and posted in the dining hall Sample Selections below:</p> <p>Asian Stir Fry Rice Pineapple and Fortune Cookies</p> <p>BBQ Chicken Drumstick House Baked Beans Cole Slaw</p> <p>Soup and Sandwich Variations to be announced</p> <p>Cajun Red Beans, Rice and Sausage Salad and French Bread</p> <p>Chicken Tetrazzini Green Salad and Garlic Toast</p> <p>Sloppy Joes on a Bun Baked Beans, Ruffles and Fresh Fruit</p> <p>Hot Dogs with Chili and Cheese Corn Chips and Fresh Fruit</p> <p>Baja Fish Tacos Mexican Rice or Pinto Beans Optional Trimmings: Shredded Lettuce or Cabbage, Grated Cheese, Salsa or Cilantro Lime Cream</p> <p>Southwest Chicken Salad Quesadillas with Salsa</p> <p>Swedish Meatballs Over Egg Noodles with Salad</p> <p>Cheese Enchilada Casserole or King Ranch Chicken (above served with steamed rice and vegetables)</p> <p>Breakfast for Lunch Breakfast Tacos/Campfire Breakfast Casserole (above served with fresh fruit)</p>
WEEK B	<p>Wing-It Chef's Choice of: BBQ, Oriental, Wild Steamed White Rice Celery and Carrot Sticks with Ranch Dressing</p>	<p>Marinated and Grilled Chicken Fajitas with Flour Tortillas Black Beans Steamed Zucchini or Chef's Choice of Vegetables Corn Tortillas available</p>	<p>Breakfast for Lunch Pancakes and Syrup Link Turkey Sausage Fresh Fruits in Season</p>	<p>Spaghetti with Meat Sauce Tossed Salad Garlic Bread</p> <p>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUESTS</p>	
WEEK C	<p>Oven Baked Chicken Tenders with Ranch Chef's Choice of: Roasted Sweet Potatoes or Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas</p>	<p>Street Tacos Shredded Roasted Chicken on Corn Tortillas Dressed w/Lime Cilantro Crema Shredded Lettuce & Cabbage Pintos Watermelon Slice or Fruit in Season</p>	<p>Soup & Sandwich Chef's soup selection Grilled Cheese or Oven roasted sliced Turkey Both served with Carrots, Celery and Ruffles</p>	<p>Spaghetti with Meat Sauce Tossed Salad Garlic Bread</p> <p>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUESTS</p>	
WEEK D	<p>Chicken Bowl Chef's Choice of: Asian/Mediterranean/ Sweet & Sour Noodles Broccoli & Carrots or Complementary Vegetables</p>	<p>Cheese Enchilada Stack with Flour Tortillas Mexican Rice Green Salad with Mandarin Oranges <u>Vegetarian Option</u> Cheese Quesadillas Served with above Sides</p>	<p>Chopped BBQ on a Bun Baked Beans Ruffles Fresh Fruit</p>	<p>Spaghetti with Meat Sauce Tossed Salad Garlic Bread</p> <p>SEE NOTES ABOVE REGARDING OPTIONS AND SPECIAL REQUESTS</p>	