



**The Shlenker School  
DAILY HOT LUNCH MENU 2019 – 2020**

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