

The Meadowbrook School Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sloppy Joe or Vegan Sloppy Joe Sandwich Roasted Sweet Potatoes Baby Potatoes Red Cabbage Slaw Asian Pear Crisp	Fresh Tossed Caesar Salad Grilled Chicken Breast Or Roasted Chick Peas Steamed Green Beans or Broccoli Whole Grain Roll Orange Wedges	Chicken Quesadilla or Cheese Quesadilla, Pico De Gallo, Sour Cream and Guacamole Black Bean and Corn Salad Caramel Brownies	Spaghetti and Turkey Meatballs with Roasted Broccoli and Cauliflower Buttered Noodles Carrots and Ranch Golden Delicious Apple	Scrambled Eggs French Toast Sticks or Mini Pancakes Mini Potato Pancakes Turkey Sausage Assorted Jell-O Cups
WEEK 2	Oven Fried Popcorn Chicken Brown Rice or Mashed Potatoes, Corn, Cheddar Cheese and Chicken Gravy Pineapple Chunks	Hamburger or Cheeseburger Black Bean Burger Veggie Couscous Roasted Zucchini Roasted Tomatoes Cherry Cheesecake	Orange Chicken or Orange Glazed Tofu with Vegetable Lo Mien and Fortune Cookie Applesauce Cup	Baked Tostito Scoops Chipotle Chicken or Tofu Sofritas Black Beans, Cheddar Cheese, Salsa, Guacamole and Fiesta Corn Ice Cream Cups	Classic Beef Lasagna or Vegetable and Cheese Lasagna Steamed Broccoli Whole Grain Roll Orange Wedges
WEEK 3	Herb Roasted London Broil or Garlic Rosemary Seitan Sautéed Garlic Green Beans with Mashed Potatoes and Beef Gravy Banana	Homemade Panko Crusted Chicken Tenders or Crispy Tofu Bites Served with BBQ and Honey Mustard Sauces and Roasted Green Beans Asian Pear Wedges	Turkey Meatloaf or Lentil Loaf Served with Roasted Sweet Potatoes, Green Peas and Turkey Gravy Chocolate Bread Pudding	Chicken and Broccoli Alfredo or Vegetable Baked Ziti with Roasted Carrots and Whole Wheat Garlic Bread Cantaloupe Skewers	Cheese Flatbread Pizza, Pepperoni Flatbread Pizza, Sausage Flatbread Pizza or Veggie Flatbread Pizza with a Baby Kale Caesar Salad Light Cinnamon Coffee Cake
WEEK 4	Classic Grilled Cheese or Tuscan Grilled Cheese Tomato Basil Soup Roasted Ranch Cauliflower Mixed Berries	Sesame Chicken or Fried Tofu and Vegetables over steamed Jasmine Rice with Hoisin Broccoli Fortune Cookie Strawberry Fruit Twist	Herb Roasted Turkey or Garlic Rosemary Seitan Sautéed Garlic Green Beans with Mashed Potatoes and Turkey Gravy Apple Granny Smith	Cheese Ravioli with Italian Turkey Sausage Parmesan Caesar Salad Seasonal Vegetable Medley Lemon Bars	Whole Grain Breaded Cod Oven Roasted Potatoes Seasonal Vegetable Medley Lemon and Tartar Sauce Yogurt Parfaita

DAILY SANDWICH SELECTION
Featuring house roasted breast of turkey, sliced chicken, smoked ham, roast beef, chicken, tuna or egg salad, sliced domestic and imported cheeses, grilled vegetables, condiments, and a choice of breads and artisanal rolls.