

Lunch Week 3



	Monday 11-Feb	Tuesday 12-Feb	Wednesday 13-Feb	Thursday 14-Feb	Friday 15-Feb	Saturday 16-Feb	Sunday 17-Feb
	Late Breakfast Made to order omelet with 2 strips of bacon, home fries, biscuit, and a fruit cup	Chicken Quesadilla Chicken, Pico de gallo, shredded cheese, and chipotle sauce; topped with sour cream, guacamole, and salsa verde --- Ranch chips -- Vegetarian friendly	Jin's Stir Fry White or brown rice with peas, water chestnuts, nappa cabbage, red cabbage, baby corn, carrots, snap peas, broccoli, onions, and garlic. Your choice of chicken, shrimp, or tofu - vegan and GF friendly	Beef and Broccoli Beef strips or vegan beef strips with broccoli, onions, peppers, and spicy stir fry sauce. Topped with sesame seeds and served over basmati rice	Caesar bar Crispy romaine, garlic croutons, parmesan cheese, and creamy caesar dressing with your choice of salmon or chicken -- Vegetarian and gf friendly	Station closed	Omelet station Variety of toppings and cheese Fruit and yogurt bar Bagel bar including flavored cream cheeses Gluten free bagels available
	Wing Bar Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad	Mac and Cheese Bar Regular or Vegan mac and cheese, diced uncured pepperoni, sliced all beef hot dogs, or roasted chicken with assorted toppings to include hot peppers and onions, bacon, scallions, peas, shredded cheese, crispy onions, broccoli, jalapenos, tomatoes, and artichokes - Vegetarian friendly	Poblano's burrito bar Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly	Mediterranean Bar Gyros, Falafel, Chicken Schwarma, naan bread, lettuce, onions, olives, cucumbers, tomatoes, tahini sauce, roasted garlic hummus, tzatziki sauce, and crumbled feta cheese - Side of tabouli salad --vegetarian friendly	Wing Bar Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad	Mac and Cheese Bar Regular or Vegan mac and cheese, diced uncured pepperoni, sliced all beef hot dogs, or roasted chicken with assorted toppings to include hot peppers and onions, bacon, scallions, peas, shredded cheese, crispy onions, broccoli, jalapenos, tomatoes, and artichokes - Vegetarian friendly	Poblano's burrito bar Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly
	Blackened tilapia with fresh lemon wedges and tartar sauce	Potato crusted pork schnitzel with cabbage and pickled cauliflower slaw	Oven roasted turkey breast with black pepper gravy	Hand-breaded buttermilk marinated chicken tenderloins (2)	Spinach stuffed flounder		
	Blackened tofu bites with fresh lemon wedges	Bean and vegetable stuffed nori wraps with cashew cream	Quinoa, cashew, and cranberry stuffed acorn squash	BBQ Tofu bites	Garlic and herb seitan		
	Spanish rice	Potato pancakes	Mashed potatoes	Macaroni and cheese	Steak fries	Station closed	Station closed
	Sauteed mushrooms	Braised collard greens	Garlic green beans	Gr beans w/ caramelized onions	Roasted broccoli w/ bacon/tomatoes		
	Roasted garlic zucchini	Shaved Brussels sprouts w/ balsamic	Fingerling sweet potatoes	Roasted broccoli	Honey glazed carrots		
	Pizza bar	Pizza bar	Pizza bar	Pizza bar	Pizza bar	Pizza bar	Pizza bar
	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta	Chef's Daily pasta
	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce	Marinara sauce
	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta
	Hamburgers	BBQ Ribs	Grilled chicken	Grilled cheese	Jumbo Ballpark hot dogs	Hamburgers/turkey burgers	Hamburgers/turkey burgers
	Turkey burgers	Shredded spicy barbecue beef	Fried chicken patties	Gourmet grilled cheese	Italian sausages	Fried chicken patties	Fried chicken patties
	Fried catfish	Roasted half chicken	Blackened chicken	Vegan grilled cheese	Andouille sausage	Scrambled eggs	Scrambled eggs
	Handmade black bean burgers	BBQ Tofu	Veggie burgers	Tomato bisque	<i>Gardein</i> vegan meatballs	Biscuits/Sausage gravy	Biscuits/Sausage gravy
	Fries	Fries	Fries	Fries	Fries	Tater tots	Tater tots
	Lettuce, tomato, sliced onion, pickles, cheddar cheese, tartar sauce, sliced lemon wedges -- Hamburger buns	Pickles, lettuce, tomato, crispy onions, cole slaw -- Potato buns	Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	Lettuce, tomato, pickles, croutons, crackers, goldfish	Relish, sport peppers, diced onions, brown mustard, horseradish -- Hot dog buns, hoagie rolls	Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns	Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns
	Chicken, chickpea, artichoke	Egg salad	Green goddess chicken salad	Greek yogurt turkey salad	Seafood salad	Grilled chicken	Grilled chicken
	Quinoa ginger salad	Mediterranean grain salad	Whole wheat pasta with edamame and beans	Tri colored orzo salad	Soba noodle salad	Italian pasta salad	Soba noodle salad
	Wedge salad	Brussel Sprout Salad	Indian cucumber salad	Arugula and Butternut salad	Cobb salad	Caesar salad	Caesar salad

GLUTEN FREE	GLUTEN FREE AND VEGAN	GLUTEN FREE AND VEGETARIAN	VEGAN	VEGETARIAN
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