



Maplebrook School Menu Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Scrambled Local Feather Ridge Farm Eggs and Home Fries Alternative: Bagel</i>	<i>Belgian Waffles with Berry Topping Alternative: Whole Grain English Muffin</i>	<i>Breakfast Sandwich and Fresh Cut Fruit Alternative: Danish</i>	<i>Pancakes and Sausage Patty Alternative: Cinnamon Rolls</i>	<i>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup Alternative: Scones</i>	<i>Continental Breakfast</i>
	<i>Cod Sticks with French Fries</i>	 <i>Taco Tuesday! Taco Salad with Tortilla Strips & Toppings and Corn Salad</i>	 <i>Whole Wheat Pizza, Soup & Salad Bar</i>	<i>Whole Grain Chicken Patty & Orzo Salad</i>	<i>Grilled Cheese Sandwich, Potato Chips and Fruit</i>	
	<i>BBQ Ribs, Roasted Potato & Corn</i>	<i>Pierogies, Kielbasa and Broccoli Blend</i>	<i>Pork Tenderloin, Quinoa Salad & Haricot Vert</i>	<i>Roasted Chicken, Brown Rice & Green Peas</i>	<i>Welcome Back BBQ</i>	

Breakfast is served daily with assorted *wellness variety* cereal, Quaker oatmeal, *fresh fruit* and *non fat/low fat yogurt*.

Lunch is served with assorted sandwiches, *fully stocked salad bar with Local & Organic items*, *homemade* soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a *fully stocked salad bar with Local & Organic items*, *homemade* soup of day and dessert.

*****Vegetable choice are subject to change depending on season and organic & local when possible*****

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

****Fresh Whole Fruit offered daily at all meals****

Maplebrook School Menu Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast	Sausage & Pancake on a Stick with Yogurt Parfait Alternative: Whole Grain English Muffin	Breakfast Burritos with Salsa Alternative: Bagel	Omelette with Hash Browns Alternative: Danish	French Toast with Canadian Bacon Alternative: Muffin	Quiche with Home Fries Alternative: Donut	
	Grilled Chicken Strip Fajitas with Roasted Peppers & Onions and Spanish Rice	Meatball Grinder, Potato Chips and Garden Salad	Chinese Stir Fry with Lo Mein	Philly Cheese Steak, Potato Salad	Eggplant Parmesan with Caesar Salad	
	Baked Ziti with Italian Chicken Sausage	Hunan Beef with Brown Rice	Homemade Turkey Meatloaf, Garlic Mashed Potatoes and Carrots	Chicken Curry, Risotto & Mixed Vegetable		

Breakfast is served daily with assorted wellness variety cereal, Quaker oatmeal, fresh fruit and non fat/low fat yogurt.

Lunch is served with assorted sandwiches, fully stocked salad bar with Local & Organic items, homemade soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a fully stocked salad bar with Local & Organic items, homemade soup of day and dessert.


*****Vegetable choice are subject to change depending on season and organic & local when possible*****

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

****Fresh Whole Fruit offered daily at all meals****

Maplebrook School Menu Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Belgian Waffles with Berry Topping Alternative: Whole Grain English Muffin	Breakfast Sandwich and Fresh Cut Fruit Alternative: Danish	French Toast with Bacon Alternative: Muffin	Breakfast Burritos with Salsa Alternative: Bagel	Vegetable Egg Scramble & Hash Browns Alternative: Coffee Cake	
	Chicken Tenders, Macaroni & Cheese and Coleslaw	Grilled Chicken, Pita Chips & Spinach Feta Bistro	French Dip Sandwiches, Sweet Potato Fries & Glazed Carrots	<u>Burger Day!</u> Black Angus Burger with Toppings & Onion Rings	Pasta Primavera with Chicken Sausage	
	Pork Loin with Grilled Peaches & Swiss Chard	Lemon & Salmon Kabobs, Wild Rice & Zucchini Sticks	 Chipotle Night Build your own Burrito Bowl	Chicken Marsala, Polenta & Green Beans		

Breakfast is served daily with assorted **wellness variety** cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items**, **homemade** soup of day and dessert.



*******Vegetable choice are subject to change depending on season and organic & local when possible*******

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily **Vitamin Enhanced Flavored Waters**, **non fat local white & chocolate milk & spring water**

******Fresh Whole Fruit offered daily at all meals******

Maplebrook School Menu Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Sausage & Pancake on a Stick with Yogurt Parfait Alternative: Whole Grain English Muffin</p>	<p>Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup) Alternative: Scones</p>	<p>Scrambled Local Feather Ridge Farm Eggs with Potatoe Pancake Alternative: Bagel</p>	<p>Pancakes and Bacon Alternative: Wheatberry Toast</p>	<p>Cream of Wheat with Fruit Smoothies</p> 	<p>Continental Breakfast</p>
	<p>Buffalo Chicken Wraps, Orzo Salad & Strawberry Feta Salad</p>	<p>Steak Fajitas with Peppers & Onion</p>	<p>Grilled Chicken, Pita Chips & Spinach Feta Bistro</p>	<p>Veggie Burgers, Orzo Salad & Pickles</p>	 <p>Hebrew National Beef Hot Dogs, Vegetarian Baked Beans & Pickle Spears</p>	
	<p>Ravioli, Summer Vegetable & Italian Sausage</p>	<p>Balsamic Roasted Chicken with Chef's Choice Salad</p>	<p>Flank Steak Roulade, Risotto and Tomato Green Bean Salad</p>	<p>BBQ Chicken, Rice Pilaf and Carrots</p>	<p>Meatloaf, Baked Potato & Broccoli</p>	

Breakfast is served daily with assorted **wellness variety** cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items**, **homemade** soup of day and dessert.


*****Vegetable choice are subject to change depending on season and organic & local when possible*****

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

****Fresh Whole Fruit offered daily at all meals****

Maplebrook School Menu Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast	Scrambled Local Feather Ridge Farm Eggs and Home Fries Alternative: Bagel	French Toast with Bacon Alternative: Muffin	Pizza Breakfast Casserole Alternative: Danish	Hard Boiled Eggs with Grapefruit Alternative: Whole Grain English Muffin	Quiche with Home Fries Alternative: Donut	
BBQ Cookout @ Taconic State Park	Whole Grain Chicken Patty, Sweet Potato Puffs & Orzo Salad	Philly Cheese Steak, Potato Salad	 Whole Wheat Pizza, Soup & Salad Bar	B.L.T. Sandwich and Powerfood Slaw	Grilled Cheese Sandwich, Baked Potato Chips & Fresh Cut Fruit	
BBQ Cookout @ Taconic State Park	Pork Loin with Grilled Peaches & Swiss Chard	Chicken & Waffles	BBQ Ribs, Baked Sweet Potato Fries & Collard Greens	Chinese Stir Fry with Lo Mein		

Breakfast is served daily with assorted **wellness variety** cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items**, **homemade** soup of day and dessert.


*******Vegetable choice are subject to change depending on season and organic & local when possible*******

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily **Vitamin Enhanced Flavored Waters**, non fat local white & chocolate milk & spring water

******Fresh Whole Fruit offered daily at all meals******

Maplebrook School Menu Week 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Omelette with Hash Browns Alternative: Danish	Breakfast Burritos with Salsa Alternative: Bagel	Quiche with Home Fries Alternative: Donut	Pancakes and Bacon Alternative: Wheatberry Toast	Breakfast Banana Split (Greek Yogurt, Fresh Berries, Granola & Maple Syrup) Alternative: Scones	Continental Breakfast
	BBQ Hot Dogs, Broccoli Salad & Slaw	Taco Tuesday Ground Beef, Tortilla Strips, Lettuce, Tomatoes & Shredded Cheddar Cheese with Corn Salad	Veggie Quesadillas, Quinoa Salad & Apple Spinach Salad 	Eggplant Parmesan with Caesar Salad	Meatball Grinder, Potato Chips and Garden Salad	
	Pasta Bar with Meat Sauce or Pesto Sauce and choice of toppings	Oven Baked Chicken, Corn on the Cobb with Macaroni Salad	Pierogies, Kielbasa & Sauteed Kale	Chicken Curry, Risotto & Mixed Vegetable	Baked Ziti with Italian Chicken Sausage	

Breakfast is served daily with assorted **wellness variety** cereal, Quaker oatmeal, **fresh fruit** and **non fat/low fat yogurt**.

Lunch is served with assorted sandwiches, **fully stocked salad bar with Local & Organic items**, **homemade** soup & choice of fresh fruit or granola bar for dessert.

We Serve our deli style sandwiches with ALL-NATURAL meats, made with six ingredients or less without antibiotics!

Dinner is served with a **fully stocked salad bar with Local & Organic items**, **homemade** soup of day and dessert.

*****Vegetable choice are subject to change depending on season and organic & local when possible*****

Hydration Station (Breakfast) offers daily morning fruit juices, Local non fat white milk & spring water

(Lunch & Dinner) offers daily Vitamin Enhanced Flavored Waters, non fat local white & chocolate milk & spring water

****Fresh Whole Fruit offered daily at all meals****