

Monday

Tuesday

Wednesday
1stThursday
2ndFriday
3rd

Sizzle and Main

BBQ Shrimp and Grits
Garlic Biscuit
Sautéed Green Beans

Blackened Chicken
Alfredo
Brussel Sprouts
Garlic Bread

Buttermilk Biscuits
Sausage Patty
Country Gravy
Fresh Fruit

The Balanced Bite

Chili Cheese Hot Dog
Curly Fries

Ropa Veja'
Steamed White Rice
Cilantro-Lime Plantains

Tomato and Roasted Red
Pepper Soup
Provolone Grilled Cheese



*ChefAdvantage is committed to serving
Nutritious and Delicious Meals!*
Locally sourced ingredients whenever possible
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday
6thTuesday
7thWednesday
8thThursday
9thFriday
10th

Sizzle and Main

Red Beans and Rice
Fried Chicken
Smothered Green BeansCrunchy Beef Tacos
Fiesta Rice
Refried BeansPan-Fried Pork Chops
Seasoned Rice
Wedge SaladPigs in a Blanket
Crispy French Fries
Corn on the CobBaked Ziti Marinara
Roasted Cauliflower
Spring Mix Salad

The Balanced Bite

Moroccan Spiced Tilapia
Jollof Rice
Black-eyed PeasItalian Grinders
(Ham, Salami, Pepperoni)
Oregano Kettle Chips

Chicken Pad Thai

Homestyle Meatloaf
Mashed Potatoes
English PeasChicken Tikki Masala
Basmati Rice
Nan Bread

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Monday
13th

Tuesday
14th

Wednesday
15th

Thursday
16th

Friday
17th

Sizzle and Main

Conference Day
No Students

Pie Day 3.14
Pizza Margherita
Sidewinder Fries
Arugula Salad

Philly Cheesesteak
Ranch Potato Wedges
Roasted Broccoli

Tuscan Chicken Pasta
White Bean Salad
Rosemary Focaccia Bread

Shrimp Creole'
Green Onion Rice
Bread Pudding

The Balanced Bite

Conference Day
No Students

Quiche Lorraine
Roasted Potatoes
Balsamic Brussel Sprouts

Korean Chicken Drumsticks
Korean Corn Cheese

Picadillo
Yellow Rice
Pinto Beans

Shepard's Pie
Braised Cabbage
Roasted Carrots



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Monday
20th

Tuesday
21st

Wednesday
22nd

Thursday
23rd

Friday
24th

Sizzle and Main

BBQ Chicken Leg Quarter
Potato Salad
Buttered Corn

Breakfast Tacos
Tater Tots
Orange Wedges

General Tso's Chicken
Sticky Rice
Ginger Roasted Broccoli

Chicken Noodle Soup
Buttermilk Biscuit

Fish Tacos
Citrus Rice
Black Beans

The Balanced Bite

Cheese Ravioli
Spring Mix Salad
Garlic Breadstick

Nashville Hot Chicken
Sandwich
Carolina Cole Slaw

Chicken Piccata
Buttered Noodles
Italian Green Beans

BLT's
Sweet Potato Fries

Croque Monsieur
Frites



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Monday
27th

Tuesday
28th

Wednesday
29th

Thursday
30th

Friday
31st

Sizzle and Main

Grilled Cheese Pop Up
O.G. Grilled Cheese
Monty Cristo
Chipotle Chicken
Quesadilla
Crispy French Fries

Smoked Brisket Tacos
Arroz Rojo
Pinto Beans

Pork Pho
Spring Rolls
Sweet and Sour Sauce
Honey Soy Carrots

Chili Macaroni and Cheese
Roasted Corn
Dinner Roll

Cheese Calzones
Caesar Salad
Roasted Mixed Vegetables

The Balanced Bite

Chicken Marsala
Fettucine Pasta
Roasted Broccoli and
Cauliflower

Green Curry Chicken
Jasmine Rice
Sauteed Squash

Chicken Parmesan
Penne Marinara
Mixed Vegetables

Roasted Pork Bao Buns
Edamame
Pickled Carrots

Pepper Steak
Roasted Potatoes
Roasted Garlic Green Beans



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