



La Academia de Estrellas - ECC Lunch Menu

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ** <u>~ Baked Chicken Nuggets</u> fresh baked whole wheat breadstick ** herb sweet potato homefries fresh-cut seasonal veggie sticks chilled mixed fruit in juice milk and condiments	2 ** <u>~ Roast Turkey 'Dinner'</u> fresh baked whole wheat roll ** real mashed potato medley seasoned green beans fresh-cut seasonal fruit milk and condiments	3 ** <u>~ Beef TACO Salad Bowl</u> with fresh-cut salad mix & wg chips ** charro beans steamed broccoli florets baked spiced apples milk and condiments	4 ** <u>~ Classic Meat Sauce/Spaghetti</u> fresh baked whole grain roll ** green peas & sliced carrots fresh-cut house salad greenz' chilled pears & gelatin milk and condiments	5 ** <u>~ Beef Brisket & Jack Quesadilla</u> grilled in a whole grain tortilla ** TexMex-style brown rice cilantro black beans fresh-cut seasonal melon milk and condiments
8 ** <u>~ 'Old School' Sloppy Joe</u> on a whole wheat burger bun ** oven baked diced potatoes fresh grape tomatoes chilled pineapple chunks in juice milk and condiments	9 ** <u>~ Honey Battered Corn Dog</u> made with a chicken frank ** corn on the cob bbq pinto beans fresh-cut mixed fruit milk and condiments	10 ** <u>~ Whole Grain Pizza Square</u> choice of cheese-v or pepperoni ** steamed Italian veggie medley fresh-cut house salad greenz' fresh-cut orange wedges milk and condiments	11 ** <u>~ House-Breaded Beef Fritter</u> fresh baked whole wheat roll ** real mashed potato medley seasoned green beans chilled mixed fruit in juice milk and condiments	12 ** <u>~ 'Real' Queso Nachos-v</u> with 'whole corn' tortilla chips ** yellow Spanish vegetable rice house-made refried beans fresh-cut seasonal fruit milk and condiments
15 ** <u>~ Deep Dish Cheese Pizza-v</u> on whole grain crust ** cauliflower and broccoli parmesan fresh-cut 'Italian salad' w/garbanzos fresh seasonal apple variety milk and condiments	16 ** <u>~ Chicken "Fried Rice"</u> with veggies & brown rice ** crinkle cut sweet potato fries fresh-cut cucumber slices chilled mixed fruit in juice milk and condiments	17 ** <u>~ Honey-Glazed Chicken</u> fresh baked whole wheat roll ** black-eyed peas & greens herbed carrots coins chilled diced peaches milk and condiments	18 ** <u>~ Roast Chicken COBB Salad</u> with fresh-cut salad mix & veggies ** fresh baked whole wheat roll hint of mint green peas fresh-cut seasonal fruit milk and condiments	19 Fair Day
22 ** <u>~ Baked Chicken Nuggets</u> fresh baked whole wheat roll ** steamed 'California' veggies fresh-cut house salad greenz' chilled pear slices milk and condiments	23 ** <u>~ Our House Chicken Sandwich</u> on a fresh baked ww & oat roll L/T/P 'salad' ** real mashed potato medley honey roasted carrots fresh-cut seasonal fruit milk and condiments	24 ** <u>~ MAC & Cheddar Pasta-v</u> fresh baked whole grain 'garlic knots' ** seasoned green beans fresh-cut house salad greenz' chilled mixed fruit in juice milk and condiments	25 ** <u>~ All-Beef Plain or Chili Cheese Dog</u> served on a whole wheat coney ** cowboy baked beans fresh-cut seasonal veggie sticks fresh-cut seasonal melon milk and condiments	26 ** <u>~ Rolled Beef Burrito</u> with potato & cheddar in a wg tortilla ** house-made refried beans fresh-cut taco 'salad' & house salsa fresh red grapes milk and condiments
29 ** <u>~ Charbroiled Hamburger</u> on a whole wheat bun & L/T/P 'salad' ** oven baked tater tots confetti corn & black bean saute strawberry applesauce milk and condiments	30 ** <u>~ Classic Ragu Bolognese</u> and whole grain rotini pasta ** Tuscan white beans fresh-cut Caesar salad chilled mixed fruit in juice milk and condiments	31 ** <u>~ Teriyaki Baked Chicken</u> over steamed brown rice ** steamed carrot & broccoli medley fresh-cut cucumber wedges chilled pineapple rings in juice milk and condiments		

Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc...
all scratch-cooked in-house with our recipes "

"Produce, Fruit, and other recipe ingredients
sourced locally (when seasonally available) "

