

SEPTEMBER 19-23 2022



BREAKFAST & LUNCH MENU

MON

TUE

WED

THU

FRI

BREAKFAST

Whole grain french toast with strawberries & maple syrup
Fresh apples
Milk

Whole grain croissant with egg, cheese & turkey bacon
Fresh apples or oranges
Milk

Turkey bacon breakfast burritos
Fresh fruit
Milk

Cinnamon apple muffins
Fresh apples, bananas or juice
Milk

Blueberry buckwheat pancakes with maple syrup
Fresh apples or bananas
Milk

LUNCH

Chicken Tortas with avocado, red onion, lettuce, tomato, swiss, low-fat cilantro lime sauce on a whole grain roll, side of baked french fries

Sesame Beef Stir Fry
Sesame beef with rice and stir fry vegetables

Pollo De Guisado Mexican
Chicken and Potato Stew, Creamy Pinto Beans, Yellow Rice, Tex-Mex Kale Salad

Jerk Chicken Seasoned chicken bowl with cilantro rice with red beans, mango salsa, and sauteed onions and peppers

Choice of 3 pizzas
Pepperoni w/cheese
Vegetable Pizza
Cheese Pizza, served with side salad

ALTERNATIVE LUNCH (PREORDER ONLY)

Hummus Veggie Wrap

Tabouleh

Cobb salad with turkey bacon

Turkey club sandwich

Chicken salad sandwich

Garden salad with spiced garbanzo beans

GLUTEN-FREE AND VEGAN OPTIONS
AVAILABLE UPON REQUEST

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