

OCTOBER 13-17



BREAKFAST & LUNCH MENU

BREAKFAST

MON

Spinach Quiche
Fresh Fruit
Milk

TUE

**Apple Cinnamon
Turnovers**
Fresh Fruit
Milk

WED

Donuts
Fresh Fruit
Milk

THU

Fresh-Baked Muffins
Fresh Fruit
Milk

FRI

No School
ABCDE Day

LUNCH

Beef Chili
served with
cornbread & mixed
vegetables

**Build Your Own
Nachos**
with choice of
tomato, jalapenos,
and black beans

Korean BBQ Bowls
with sliced beef,
rice, and mixed
vegetables

Chicken Schnitzel
with potatoes and
Brussels sprouts

No School
ABCDE Day

ALTERNATIVE LUNCH (PREORDER ONLY)

Garden salad
with spiced
garbanzo beans

Chicken salad
sandwich

Hummus Veggie
Wrap

Cobb salad with
turkey bacon

Turkey club
sandwich

GLUTEN - FREE AND VEGAN OPTIONS
AVAILABLE UPON REQUEST

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