

Week 3					
	Yogurt Parfait w/Berry Compote and Granola Fresh Fruit	Biscuit Egg and Cheese Sandwich Fresh Fruit	Whole Grain Banana Bread Fresh Fruit	Egg and Cheese Breakfast Burrito Fresh Fruit	Whole Grain Pancakes Turkey Sausage Fresh Fruit
	Potato And Cheese Pierogi, Diced Chicken, Roasted Broccoli, Cheese and Sour Cream Fresh Fruit	Loaded Nachos Taco Meat, Refried Beans, Pico De Gallo, Roasted Corn, Lettuce, and Cheese Fresh Pineapple	Breakfast for Lunch Pancakes, Turkey Sausage, Yogurt Parfaits w/Fruit Compote, Broccoli Salad Warm Baked Apples	Garlic, Lemon and Herb Roasted Chiceen, Steamed Rice, Cucumber Salad, Pita and Hummus Fresh Fruit	Pepperoni Calzone w/Marinara Dipping Sauce Spinach & Strawberry Salad Fresh Grapes
	Garden Salad	BBQ Chicken Salad	Garden Salad	Turkey & Cheese	Chicken Caesar Salad
	Grilled Cheese Sandwich	All American Cheeseburger	Popcorn Chicken Bites	Cheese-filled Bread Sticks with Marinara	Grilled Chicken Sandwich
	Ranch Chicken Wrap with Cheddar Cheese	Turkey and Cheese Bagel Sandwich	Veggie and Hummus Wrap	BBQ Chicken Wrap	Sun Butter and Jelly Sandwich
	<p>Daily Choice of: Romaine, Spring Mix, Spinach Assorted Toppings: Cucumbers, Onions, Tomatoes, Peppers, Snap Peas Fresh Daily assorted Fruits</p>				



Contact your Chef Resident Director, Mark Jacobs at 216-295-4342 or Jacobs_m@shaker.org



