


	9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
	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
	Homemade Mac & Cheese Sautéed Green Beans Garlic Rolls Fresh Fruit	Chicken Quesadilla Seasoned Black Bean & Corn Salsa, Lettuce, Tomato, Sour Cream, Fresh Pineapple	Breakfast for Lunch French Toast Turkey Sausage Cheesy Potatoes Warm Baked Apples	Beef and Broccoli Lo Mein Noodles Stir Fry Red & Green Peppers Fortune Cookie Fresh Fruit	French Bread Pizza Seasoned Corn 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 at Jacobs_m@shaker.org

