



|   | Monday<br>10/3/2022  | Tuesday<br>10/4/2022  | Wednesday<br>10/5/2022                | Thursday<br>10/6/2022   | Friday<br>10/7/2022   |
|---|--|---|---------------------------------------|---|---|
| <b>BREAKFAST</b><br><i>Fresh AND Invigorating</i>           | Yogurt Parfait w/<br>Berry Compote and<br>Granola<br>Fresh Fruit   | Biscuit Egg and<br>Cheese Sandwich<br>Fresh Fruit   | <b>NO SCHOOL</b><br><b>Yom Kippur</b> | Egg and Cheese<br>Breakfast Burrito<br>Fresh Fruit  | Whole Grain<br>Pancakes<br>Turkey Sausage<br>Fresh Fruit  |
| <b>SIGNATURE</b><br><i>INSPIRED • INNOVATIVE • IN-STYLE</i> | Potato and Cheese<br>Pierogis,<br>Diced Chicken<br>Broccoli<br>Sour Cream<br>Fresh Fruit   | Chili Tex Mex Bowl<br>Chili<br>Baked Sweet<br>Potato Wedges<br>Cheese Sauce<br>Seasoned Corn<br>Fresh Pineapple | <b>NO SCHOOL</b><br><b>Yom Kippur</b> | Garlic, Lemon, Herb<br>Chicken<br>Seasoned Rice<br>Cucumber Salad<br>Hummus and Pita<br>Fresh Fruit | Crispy Chicken<br>Tenders,<br>Cheesy Au Gratin<br>Potatoes,<br>Roasted Broccoli<br>Fresh Grapes |
| <b>PIZZA</b><br><i>OVEN-FRESH AND HANDCRAFTED</i>           | Pesto Chicken Pizza<br><br>Cheese Pizza  | Broccoli and<br>Cheddar Pizza<br><br>Cheese Pizza   | <b>NO SCHOOL</b><br><b>Yom Kippur</b> | Buffalo Chicken<br>Pizza<br><br>Cheese Pizza  | Turkey Pepperoni<br>Pizza<br><br>Cheese Pizza   |
| <b>GRILL</b><br><i>SIZZLING, SEASONED &amp; SASSY</i>       | Grilled<br>Chicken<br>Sandwich<br><br>Hand-Pressed<br>Cheeseburgers  | Double Dogs<br>Sandwich<br><br>Hand-Pressed<br>Cheeseburgers  | <b>NO SCHOOL</b><br><b>Yom Kippur</b> | Chicken<br>Parmesan<br>Sandwich<br><br>Hand-Pressed<br>Cheeseburgers                                | Spicy<br>Chicken<br>Sandwich<br><br>Hand-Pressed<br>Cheeseburgers                               |
| <b>DOS MANOS</b>  | <b>Enjoy Your Favorite ... a Burrito, a Salad, a Bowl or Nachos</b><br>Choose from the following selections:<br>Chipotle Chicken, Seasoned Beef, Lime Cilantro Rice, Black Beans<br>Toppings include Lettuce, Cheese, Salsa's, Sour Cream, Guacamole |   |                                       |   |   |
| <b>SALAD BAR</b><br><i>Crisp, Crunchy &amp; Nutritious</i>  | <b>Create-Your-Own Fresh Salad</b><br>Daily Choice of: Romaine, Spring Mix, Spinach<br>Protein Choices: Diced Chicken, Turkey, or Tuna<br>Assorted Toppings: Cucumbers, Onions, Tomatoes, Peppers, Chopped Eggs, Croutons, Shredded Cheese           |   |                                       |   |   |

Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342  
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