



MENU

	9-18-2023	9-19-2023	9-20-2023	9-21-2023	9-22-2023
BREAKFAST <i>Fresh AND Invigorating</i>	Blueberry Muffin Fresh Fruit Fruit Juice	Bagel Sandwich Fresh Fruit Fruit Juice	Whole Grain Waffles Fresh Fruit Fruit Juice	Breakfast Pizza Fresh Fruit Fruit Juice	Cinnamon Roll Fresh Fruit Fruit Juice
	Macaroni and Cheese Green Beans Fresh Fruit	Street Tacos Taco Beef, Shredded Lettuce, Cheese, Diced Tomatoes Black Beans Salsa Fresh Fruit	Raider Bowl Popcorn Chicken Mashed Potatoes Corn Gravy Fresh Fruit	Grilled Cheese and Tomato Soup Roasted Edamame Fresh Fruit	Cheese Pizza Mixed Greens Salad Baby Carrots
PIZZA <small>OVEN-FRESH AND HANDCRAFTED</small>	BBQ Chicken Pizza Cheese Pizza	Garlic White Pizza Cheese Pizza	Meatball Pizza Cheese Pizza	Buffalo Chicken Pizza Cheese Pizza	Turkey Pepperoni Pizza Cheese Pizza
GRILL <small>SIZZLING, SEASONED & SASSY</small>	Crispy Chicken Sandwich Hand-Pressed Cheeseburgers	Mozzarella Filled Breadsticks with Marinara Hand-Pressed Cheeseburgers	Meatball Sub Hand-Pressed Cheeseburgers	Spicy Chicken Sandwich Hand-Pressed Cheeseburgers	Extreme Grilled Cheese Sandwich Hand-Pressed Cheeseburgers
WRAPPED <small>DELICIOUS AND PORTABLE</small>	Build-Your-Own Fresh Wrap Choose from the following selections: Chicken, Turkey, Tuna, Assorted Cheeses, Lettuce, Onions, Cucumbers, Pickles, Honey Mustard, Mayo, Lite Ranch				
	Create-Your-Own Fresh Salad Daily Choice of: Romaine, Spring Mix, Spinach Protein Choices: Diced Chicken, Turkey, or Tuna Assorted Toppings: Cucumbers, Onions, Tomatoes, Peppers, Chopped Eggs, Croutons, Shredded Cheese				
<p>Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342 or email Jacobs_m@shaker.org for questions or comments.</p>					

