

**Christian Brothers Academy CYCLE MENU**  
**March 2017**

| Station   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|---|--|---|
| <p><b><u>BREAKFAST OFFERED</u></b><br/> <b>DAILY FROM 7:05 –</b><br/> <b>7:45AM</b><br/> <b>Breakfast Sandwiches, Bagels</b><br/> <b>, Donuts, Cinnamon Buns,</b><br/> <b>Muffins, Cereal, And more</b></p>                                 |   |   | 1   | 2  | 3   |
|   |   |   | <p><u>New England Fish Fry</u><br/>                     With Tartar Sauce<br/>                     Coleslaw<br/>                     Tater tots<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p> | <p><u>Philadelphia Cheese Steak</u><br/> <br/> <u>Twice Baked Potato</u><br/>                     Italian green bean<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>               | <p><u>Personnel Pan Cheese Pizza</u><br/>                     Garlic Butter and olive oil<br/>                     pasta<br/>                     New England Clam<br/>                     chowder<br/>                     Grab and Go specials<br/>                     Asst. Salads</p> |
| <p><b>THE FRESH GRILLE</b><br/>                     Hamburger, Cheeseburger,<br/>                     Roasted chicken Breast on Whole<br/>                     Wheat Buns Offered</p>   | 6   | 7   | 8   | 9  | 10  |
|   | <p><u>Southern Fried Chicken</u><br/> <u>Tenders</u><br/>                     Corn Bread muffin<br/>                     Mac and Cheese Pasta<br/>                     Creamy Spinach<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p> | <p><u>Ultimate Nacho Bar with</u><br/> <u>all fixings</u><br/>                     Buttered white rice<br/> <br/>                     Grab and Go specials<br/>                     asst. Salads or Deli Bar</p>                                      | <p><u>Pasta Alfredo with Cajun</u><br/> <u>seasoned Chicken, roasted</u><br/> <u>red Peppers</u><br/>                     Garlic Breadsticks<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>    | <p><u>French Dip Roast beef</u><br/> <u>Sandwich</u><br/>                     Oven Roasted Rosemary<br/>                     Fries<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p> | <p><u>Personnel Pan Cheese Pizza</u><br/>                     Pasta with tomato Cream<br/>                     sauce<br/>                     New England Clam<br/>                     chowder<br/>                     Grab and Go specials<br/>                     Asst. Salads</p>     |
| <p><b>Trattoria</b><br/> <br/> <b>Balanced Choices Meal:</b><br/>                     Steamed Veggie offered daily</p>                                     | 13  | 14  | 15  | 16   | 17  |
|   | <p><u>Chicken Tender Boat with</u><br/> <u>French Fries</u><br/>                     Broccoli Au gratin<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>   | <p><u>Pepperoni Stromboli</u><br/> <u>Side marinara sauce</u><br/>                     Kettle chips<br/>                     Toss salad Bar<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p> | <p><u>Chicken Lo mien</u><br/> <u>Pork Egg roll</u><br/> <u>Stir fry vegetable</u><br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>  | <p><u>NYC Loaded Beef Hot</u><br/> <u>dogs</u><br/>                     Southwestern Pasta<br/>                     Alfredo<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>  | <p><u>Personnel Pan Cheese Pizza</u><br/>                     Garlic Butter and olive oil<br/>                     pasta<br/>                     New England Clam<br/>                     chowder<br/>                     Grab and Go specials<br/>                     Asst. Salads</p> |
| <p><b>Sandwich Central</b><br/> <b>FRESH MADE TO ORDER</b><br/>                     SANDWICHES/SALADS<br/>                     OFFERED DAILY<br/> <br/>                     FRESH HOMEMADE SOUPS<br/>                     OFFERED DAILY</p> | 20  | 21  | 22  | 23   | 24  |
|   | <p><u>BBQ Chicken, Cheddar and</u><br/> <u>Bacon sandwich</u><br/>                     Mashed Potatoes w/ gravy<br/>                     Sweet Baby Corn<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>                                    | <p><u>Chicken Soft Tacos,</u><br/>                     Spanish Rice<br/>                     Southwestern Corn<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>                              | <p><u>Chicken and Broccoli</u><br/> <u>Scampi linguine</u><br/> <u>Garlic Breadsticks</u><br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>   | <p><u>Garlic Bread Sticks-</u><br/> <u>marinara</u><br/> <u>Pasta Faggioli Soup</u><br/> <u>Caesar Salad</u><br/> <br/>                     Grab and Go specials<br/>                     asst. Salads or Deli Bar</p>                 | <p><u>Personnel Pan Cheese Pizza</u><br/>                     Pasta Marinara<br/>                     New England Clam<br/>                     chowder<br/>                     Grab and Go specials<br/>                     Asst. Salads</p>   |
| <p><b>Every day Panini of the Day. Chefs specials of the Day, in the grab and go every day.</b></p>   | 27  | 28  | 29  | 30   | 31  |
|   | <p><u>Chicken Tender Caesar</u><br/> <u>Salad boat</u><br/>                     Country Mac and Cheese Pasta<br/>                     Dinner Roll<br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>   | <p><u>Garlic Breadsticks</u><br/> <u>Fresh Marinara</u><br/> <br/> <u>Pasta Carbonara</u><br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>   | <p><u>Baked Three Cheese</u><br/> <u>Ziti with pepperoni</u><br/> <br/>                     Garlic Breadsticks<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>                            | <p><u>Beef And Broccoli</u><br/> <u>Fried Rice</u><br/> <br/>                     Fried Pot stickers<br/> <br/>                     Grab and Go specials<br/>                     Asst. Salads or Deli Bar</p>                         | <p><u>Personnel Pan Cheese Pizza</u><br/>                     Pasta Gerardo<br/>                     New England Clam<br/>                     chowder<br/>                     Grab and Go specials<br/>                     Asst. Salads</p>  |

All Lunches Include: Choice of Entrée, Choice of TWO Vegetable/Fruit Side Dishes, and Choice of Milk or Small Fountain Beverage.  
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Side Salad, Fresh Veggie Sandwich Toppings, chips, fruit cups and Fresh Fruit  
 Beverage choices: low fat (2%) Choc. milk, and flavored low fat (1%) milk., lemonade, Lemon Tea, Raspberry Tea, Fruit Punch, or Unsweetened Tea