

**Christian Brothers Academy
October 2017**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BREAKFAST OFFERED</u> <u>DAILY FROM 7:05 – 7:50AM</u> Breakfast Sandwiches, Bagels, Donuts, Cinnamon Buns, Muffins, Cereal, And more</p>	2 Southern Fried Chicken Tenders Cheddar Corn Bread muffin Mac and Cheese Pasta Creamy Spinach Grab and Go specials Asst. Salads or Deli Bar	3 Taco Tuesday Ground Turkey Taco's With all fixings Spanish Rice Refried Beans Grab and Go specials Asst. Salads or Deli Bar	4 Pepperoni Pasta Bake Garlic Bread Sticks Sicilian Green Beans Grab and Go specials Asst. Salads or Deli Bar	5 Coney Island grilled chili dogs Southwestern Pasta Alfredo Grab and Go specials Asst. Salads or Deli Bar	6 Chicken Bacon Ranch Pizza or cheese Pizza Pasta Italia Grab and Go specials Asst. Salads or Deli Bar
<p><u>THE FRESH GRILLE</u> <i>Hamburger, Cheeseburger, Roasted chicken Breast on Whole Wheat Buns Offered</i></p>	9 Columbus Day	10 Ultimate Nacho Bar w/ Ground Turkey meat Sauce / all fixings Buttered white rice Grab and Go specials asst. Salads or Deli Bar	11 Boneless Buffalo Chicken wings Garlic butter Pasta Grab and Go specials Asst. Salads or Deli Bar	12 French Dip Roast beef Sandwich Oven Roasted Rosemary Fries Grab and Go specials Asst. Salads or Deli Bar	13 Buffalo Chicken or classic cheese Pizza Classic Caesar Salad Chips of the day Grab and Go specials Asst. Salads or Deli Bar
<p><u>Trattoria</u>  Balanced Choices Meal: Steamed Veggie offered daily</p>	16 Grilled Double BBQ onion Ring Beef Burger French Fries Grab and Go specials Asst. Salads or Deli Bar	17 Taco Tuesday Roasted Pulled Chicken With all fixings Spanish Rice Refried Beans Grab and Go specials Asst. Salads or Deli Bar	18 Pepperoni Stromboli Side marinara sauce Kettle chips Toss salad Bar Grab and Go specials Asst. Salads or Deli Bar	19 Buffalo Chicken Mac and Cheese Pasta Boat Garlic Bread Sticks Grab and Go specials Asst. Salads or Deli Bar	20 Pepperoni pizza or Classic Cheese Pizza Garlic Broccoli Pasta Grab and Go specials Asst. Salads or Deli Bar
<p><u>Sandwich Central</u> FRESH MADE TO ORDER SANDWICHES/SALADS OFFERED DAILY FRESH HOMEMADE SOUPS OFFERED DAILY</p>	23 BBQ Chicken, Cheddar and Bacon sandwich Mashed Potatoes w/ gravy Sweet Baby Corn Grab and Go specials Asst. Salads or Deli Bar	24 Garlic Bread Sticks boat served with Marinara Sauce Pasta Marinara Grab and Go specials Asst. Salads or Deli Bar	25 Chicken Low Mein Egg rolls Veggie Pot stickers Grab and Go specials Asst. Salads or Deli Bar	26 BBQ Braised Beef Brisket an pretzel roll Southern Style Green Beans Classic Coleslaw Grab and Go specials asst. Salads or Deli Bar	27 Staff Development Day
<p>House Made Pulled Buffalo chicken . Chefs specials of the Day, in the grab and go every day.</p>	30 Boneless Buffalo Chicken wings Garlic butter Pasta Grab and Go specials Asst. Salads or Deli Bar	31 Taco Tuesday Ground Turkey Taco's With all fixings Spanish Rice Refried Beans Grab and Go specials Asst. Salads or Deli Bar			

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