

Community Education Building's Dinning Hall Weekly Menu For Kuumba and Great Oaks Academies

	1/3	1/4	1/5	1/6	1/7
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Ravioli	Baked Chicken	Corn Dogs	Chicken Quesadillas/Pico	Vegetable Eggrolls
Entrée 2	Garlic Bread	Dinner Roll			
Hot Sides	Caesar Salad	Sweet Potatoes Mashed	Fries	Pinto Beans	Fried Rice
	Carrot Sticks	Spinach	Green Beans / Cucumber Slices	Roasted Corn	Broccoli
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
Fruit Of the Day	Apple Slices	Bananas	Pears		Apple

As part of the Community Education Buildings Commitment to Healthy Eating we use only Fresh or Fresh Frozen Vegetables and Serve only Fresh Fruit. Also all Breads and Breading are made with a minium of 51% Whole Wheat Flour. Fat free Chocolate & Strawberry and 1% Plain Milk is offered daily.

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	1/10	1/11	1/12	1/13	1/14
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken & Broccoli Penne Alfredo	Buffalo Chicken Wings	Cheesy Burger Macaroni	Stuffed Chicken Breast	Pineapple Chicken Skewers
Entrée 2	Breadsticks				
Hot Sides		Curly Fries	House Salad	Baked Beans	Long Grain Rice
	Cucumber Slices	Carrot Sticks	Celery Sticks	Asparagus	Butternut Squash
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey BBQ Wrap w/ Turk, Bacon, Lett & Tomato
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Muffin Munch-able (muffin, Cheese & Turkey Stick, carrots, and Apple slices)	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Cesar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
Fruit of the Day	Apple Slices	Bananas	Pears	Clementines	Apple

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	1/17	1/18	1/19	1/20	1/21
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Stuffed Shells	Fish Sandwich	Sloppy Joes	Grilled Chicken Sandwich	Beef Empanadas/Pico
Entrée 2	Garlic Knots				
Hot Sides	Caesar Salad	Baked Beans	Fries	Sweet Potatoes Fries	Roasted Street Corn
		Green Beans	Carrots	Collard Greens	Plantains
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Ceasar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
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	1/24	1/25	1/26	1/27	1/28
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Personal Pan Pizza	Grilled Cheese	Beef & Cheese Burrito/Pico	Chicken Parmigiana	Beef Cheese Steaks
Entrée 2				Fettuccine Alfredo	
Hot Sides	Cesar Side Salad	Tomato Soup	Pinto Beans	Roasted Cauliflower	Baked Beans
			Roasted Corn		Broccoli
Option 1	Chicken Caesar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey BBQ Wrap w/ Turk, Bacon, Lett & Tomato
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Cesar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Cesar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chicpeas, Goldfish
Fruit of the Day	Apple Slices	Bananas	Pears	Clementines	Apple

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	1/31	2/1	2/2	2/3	2/4
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken Nacho/Pico				
Entrée 2					
Hot Sides	Black Beans				
	Roasted Corn				
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Chicken Salad On Wheat Roll
Option 2	Garden salad w/ Wheat Roll, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chocolate & Red Pepper Hummus Platter	Garden salad w/ Wheat Roll choice of Grilled Chicken or Tuna Salad	Ceasar Salad w/ Garlic Bread Choice of Grilled Chicken or Tuna Topper
Coldside Side options	Carroteenies, Roasted Chicpeas, & Goldfish	Doritos, Cucumber slices, Potato Salad	Goldfish, Roasted Chicpeas, Carroteenies & Broccoli bites	Doritos, Celery sticks, Potato Salad	Carroteenies, Roasted Chic peas, Goldfish
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