

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

	10/31	11/1	11/2	11/3	11/4
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Cheese Pizza	Chicken Nachos w/ Pico	Meat & Cheese Lasagna w/ Bread stick	BBQ Chicken w/ wheat dinner rolls	General Tso
Entrée 2					
Hot Sides	Fries	Baked Black Beans	Spinach	Sweet Potato Tots	Brown Rice
	Carroteenies	Corn	Green Beans	Green Beans	Stir-fried Broccoli Stir-fried carrots
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey, Bacon, BBQ Wrap
Option 2	Garden salad w/ Garlic Knot, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chef Salad w/ Garlic Knot, Sliced lunch meats & Cheese	Garden salad w/ Garlic Knot choice of Grilled Chicken or Salmon	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken
Coldside Side options	Carroteenies, Goldfish, & Roasted Red Pepper Hummus	Cucumber Slices, Roasted Red Pepper Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Red Pepper Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Red Pepper Hummus
Fruit Of the Day	Apple Slices	Bananas	Honeydew	Orange Wedges	Chef's Choice

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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	11/7	11/8	11/9	11/10	11/11
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Sloppy Joe's on Wheat Roll	Fish Sandwich w/ Cheese on Wheat Roll	Cheese Burger	Chicken Tenders	Veterans Day
Entrée 2					Schools
Hot Sides	Carroteenies	Fries	Baked Beans	Glazed Carrots	Closed
	Caesar Salad	Green Beans	Sweet Potato Tots	Curly Fries	
Option 1	Chicken Caesar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey, Bacon, BBQ Wrap
Option 2	Garden salad w/ Garlic Knot, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chef Salad w/ Garlic Knot, Sliced lunch meats & Cheese	Garden salad w/ Garlic Knot choice of Grilled Chicken or Salmon	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken
Cold side Side options	Carroteenies, Goldfish, & Roasted Red Pepper Hummus	Cucumber Slices, Roasted Red Pepper Hummus, & Goldfish	Celery Sticks, w/ Soy butter, Carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Red Pepper Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Red Pepper Hummus
Fruit of the Day	Apple Slices	Bananas	Cantaloupe	Orange Wedges	Chef's Choice

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	11/14	11/15	11/16	11/17	11/18
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken & Waffles	Beef Nacho	Beef Cheesesteak	Oven Roasted Turkey w/ Gravy	Orange Chicken
Entrée 2				Corn Bread	
Hot Sides	Roasted Butternut Squash	Baked Black Beans	Emoji Fries	Mashed Potatoes	Brown Rice
	Cucumber Slices	Corn	Cucumber Slices	Green Beans	Stir-fried Broccoli Stir-fried carrots
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey, Bacon, BBQ Wrap
Option 2	Garden salad w/ Garlic Knot, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chef Salad w/ Garlic Knot, Sliced lunch meats & Cheese	Garden salad w/ Garlic Knot choice of Grilled Chicken or Salmon	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken
Coldside Side options	Carroteenies, Goldfish, & Roasted Red Pepper Hummus	Cucumber Slices, Roasted Red Pepper Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Red Pepper Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Red Pepper Hummus
Fruit of the Day	Apple Slices	Bananas	Watermelon	Orange Wedges	Chef's Choice

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	11/21	11/22	11/23	11/24	11/25
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	French Bread Pizza	Spicy Chicken Sandwich on Wheat Roll	Meatball Sub on Wheat Roll	Happy Thanksgiving!	Scools
Entrée 2		Breaded Chicken Sandwich			Closed
Hot Sides	Carroteenies	Fries	Baked Beans		
	Ceasar Salad	Green Beans	Sweet Potato Tots		
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey, Bacon, BBQ Wrap
Option 2	Garden salad w/ Garlic Knot, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chef Salad w/ Garlic Knot, Sliced lunch meats & Cheese	Garden salad w/ Garlic Knot choice of Grilled Chicken or Salmon	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken
Coldside Side options	Carroteenies, Goldfish, & Roasted Red Pepper Hummus	Cucumber Slices, Roasted Red Pepper Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Red Pepper Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Red Pepper Hummus
Fruit of the Day	Apple Slices	Bananas	Pineapple	Orange Wedges	Chef's Choice

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	11/28	11/29	11/30	12/1	12/2
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Cheese Pizza	Chicken Quesadilla	Meat & Cheese Lasagna w/ Bread stick	BBQ Chicken w/ wheat dinner rolls	General Tso
Entrée 2					
Hot Sides	Fries	Baked Black Beans	Spinach	Sweet Potato Tots	Brown Rice
	Carroteenies	Corn	Green Beans	Green Beans	Stir-fried Broccoli Stir-fried carrots
Option 1	Chicken Ceasar Wrap	Turkey & Cheese on Wheat Roll	American Cold Cut w/ Lett & Tomato	Turkey Ham & Cheese on Wheat roll	Turkey, Bacon, BBQ Wrap
Option 2	Garden salad w/ Garlic Knot, choice of Chicken or Tuna Salad	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken or Salmon	Chef Salad w/ Garlic Knot, Sliced lunch meats & Cheese	Garden salad w/ Garlic Knot choice of Grilled Chicken or Salmon	Ceasar Salad w/ Garlic Knot, Choice of Grilled Chicken
Coldside Side options	Carroteenies, Goldfish, & Roasted Red Pepper Hummus	Cucumber Slices, Roasted Red Pepper Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Red Pepper Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Red Pepper Hummus
Fruit of the Day	Apple Slices	Bananas	Fruit Medley	Orange Wedges	Chef's Choice

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