

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

	5/1	5/2	5/3	5/4	5/5
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	French Bread Pizza	Chicken Nachos w/ Salsa	Cheese Lasagna w/ Bread stick	Baked Chicken w/ wheat dinner rolls	General Tso
Entrée 2				Graham Crackers	Fortune Cookie
Hot Sides	French Fries	Baked Black Beans	Spinach	Sweet Fries	Brown Rice
	Carroteenies	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 Hummus	Cucumber Slices, Roasted Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Hhummus
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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	5/8	5/9	5/10	5/11	5/12
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Chicken & Waffles	Spicy Chicken Sandwich on Wheat Roll	Pizza	Chicken Tenders	BBQ Wings
Entrée 2		Breaded Chicken Sandwich			Dinner Roll & Graham Cracker
Hot Sides	Sweet Fries	Carroteenies	Fries	Baked Beans	Collard Greens & Celery Sticks
	Glazed Carrots	Green Beans	Caesar Salad	Curly Fries	Mac & Cheese
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, & Hummus	Cucumber Slices, Roasted Hummus, & Goldfish	Celery Sticks, w/ Soy butter, Carroteenies, & Goldfish	Potato Salad, Broccoli bites, Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Hummus
Fruit of the Day	Apple Slices	Bananas	Cantaloupe	Orange Wedges	Chef's Choice

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	5/15	5/16	5/17	5/18	5/19
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Popcorn Chicken w/ Dinner Roll	Beef Taco w/ Salsa	Beef Cheesesteak	Fried Chicken w Cornbread	Orange Chicken
Entrée 2					Fortune Cookie
Hot Sides	French Fries	Baked Black Beans	Sweet Fries	Mashed Potato	Brown Rice
	Glazed Carrots	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 Hummus	Cucumber Slices, Roasted Hummus & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Hummus
Fruit of the Day	Apple Slices	Bananas	Fruit Medley	Orange Wedges	Chef's Choice

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	5/22	5/23	5/24	5/25	5/26
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Cheese Pizza	Meat Ball Sub	Cheeseburger	Meatloaf w/ Dinner Roll	Teriyaki Wings w Dinner Roll
Entrée 2			Graham Crackers		Wild Rice
Hot Sides	Carroteenies	Fries	Baked Beans	Mashed w Gravy	StirFried Carrots
	Ceasar Salad	Cucumber Slice	Sweet Tots	Green Beans	Stirfried Broccoli
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 Hummus	Cucumber Slices, Roasted Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Hummus
Fruit of the Day	Apple Slices	Bananas	Pineapple	Orange Wedges	Chef's Choice

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	5/29	5/30	5/31	6/1	6/2
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1		Chicken Nacho w/ Salsa	Stuffed Shells w Bread Stick	Baked Chicken w/ wheat dinner rolls	General Tso
Entrée 2	Memorial Day		Carroteenies	Graham Crackers	Fortune Cookie
Hot Sides		Black Beans	Spinach	Sweet Fries	Brown Rice
		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 Hummus	Cucumber Slices, Roasted Hummus, & Goldfish	Celery Sticks, w/ Soybutter, carroteenies, & Goldfish	Potato Salad, Broccoli bites, Roasted Hummus, & Goldfish	Broccoli Bites, Carroteenies, & Roasted Hummus
Fruit of the Day	Apple Slices	Bananas	Pineapple	Orange Wedges	Chef's Choice

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