

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

	<b>10/2</b>	<b>10/3</b>	<b>10/4</b>	<b>10/5</b>	<b>10/6</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée 1	Pepperoni Stuffed Crust Pizza	Chicken Nacho	Beef Cheese Steak	Pretzel Turkey Dogs	BBQ Boneless wings w Biscuit
Entrée 2	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Hot Sides	French Fries	Black Beans	Smiley Fries	Sweet Tater Tots	Onion Rings
	Carroteenies	Steamed Corn	Cucumber Slices	Steamed Broccoli	Steamed Carrots
Option 1	Chicken Caesar Wrap	Turkey & Cheese	American Cold Cut w/ Lett & Tomato	Turkey, Bacon, BBQ Wrap	Turkey Ham & Cheese on Wheat roll
Option 2	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper	Chef Salad w Garlic Knot w Turkey & Ham	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper
Coldside Side options	Carroteenies, Veggie Crackers & Hummus	Cucumber Slices, Potato Salad & Goldfish	Celery Sticks w Soy Butter, Carroteenies & Goldfish	Poatato Salad, Broccoli Bites, Hummus & Veggie Crackers	Broccoli Bites, Carroteenies & Hummus
Fruit Of the Day	Apples	Pears	Peaches	Canteloupe	Fruit Cups

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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	10/9	10/10	10/11	10/12	10/13
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Pepperoni French Bread	Sweet Potato Fish Nuggets w Corn Bread	Salisbury Steak w Biscuit	BBQ Chicken Sandwich	Chicken Teryaki w Brown Rice
Entrée 2	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Hot Sides	French Fries	Onion Rings	Mashed Potato	Baked Beans	Steamed Broccoli
	Carroteenies	Green Beans	Corn on the Cob	Sweet Fries	Steamed Carrots
Option 1	Chicken Caesar Wrap	Turkey & Cheese	American Cold Cut w/ Lett & Tomato	Turkey, Bacon, BBQ Wrap	Turkey Ham & Cheese on Wheat roll
Option 2	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper	Chef Salad w Garlic Knot w Turkey & Ham	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper
Cold side Side options	Carroteenies, Veggie Crackers & Hummus	Cucumber Slices, Potato Salad & Goldfish	Celery Sticks w Soy Butter, Carroteenies & Goldfish	Poatato Salad, Broccoli Bites, Hummus & Veggie Crackers	Broccoli Bites, Carroteenies & Hummus
Fruit of the Day	Apples	Pears	Plums	Pineapple	Fruit Cups

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

	10/16	10/17	10/18	10/19	10/20
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Buffalo Chicken Pizza	Regular or Spicy Chicken Sandwich	Chicken Corn Dog Nuggets	Chicken Tenders	BBQ Wings w Dinner Roll & Celery Sticks
Entrée 2	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Hot Sides	Caesar Salad	French Fries	Baked Beans	Curly Fries	Collard Green
	Carroteenies	Green Beans	Sweet Potato Fries	Glazed Carrots	Mac & Cheese
Option 1	Chicken Caesar Wrap	Turkey & Cheese	American Cold Cut w/ Lett & Tomato	Turkey, Bacon, BBQ Wrap	Turkey Ham & Cheese on Wheat roll
Option 2	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper	Chef Salad w Garlic Knot w Turkey & Ham	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper
Coldside Side options	Carroteenies, Veggie Crackers & Hummus	Cucumber Slices, Potato Salad & Goldfish	Celery Sticks w Soy Butter, Carroteenies & Goldfish	Poatato Salad, Broccoli Bites, Hummus & Veggie Crackers	Broccoli Bites, Carroteenies & Hummus
Fruit of the Day	Apples	Pears	Bananas	Honeydew	Fruit Cups

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

	10/23	10/24	10/25	10/26	10/27
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Pizza Quesadilla	Popcorn Chicken	Beef Nacho	Fish & Chips w Sweet Corn Hush Puppies	General Tso Chicken w Brown Rice
Entrée 2	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Hot Sides	French Fries	Onion Rings	Black Beans	Roasted Zucchini	Steamed Broccoli
	Carroteenies	Sweet Tots	Steamed Corn	French Fries	Steamed Carrots
Option 1	Chicken Caesar Wrap	Turkey & Cheese	American Cold Cut w/ Lett & Tomato	Turkey, Bacon, BBQ Wrap	Turkey Ham & Cheese on Wheat roll
Option 2	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Cesar Salad w Garlic Knot and Choice of Chicken or Salmon Topper	Chef Salad w Garlic Knot w Turkey & Ham	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Cesar Salad w Garlic Knot and Choice of Chicken or Salmon Topper
Coldside Side options	Carroteenies, Veggie Crackers & Hummus	Cucumber Slices, Potato Salad & Goldfish	Celery Sticks w Soy Butter, Carroteenies & Goldfish	Potato Salad, Broccoli Bites, Hummus & Veggie Crackers	Broccoli Bites, Carroteenies & Hummus
Fruit of the Day	Apples	Pears	Bananas	Grapes	Fruit Cups

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

	10/30	10/31	11/1	11/2	11/3
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée 1	Pizza Calzone	Cheese Lasagna w Stuffed Bread Stick	Cheese Burger	Fried Chicken w Garlic Knot	Chicken Wings w Sweet Corn Hushpuppies
Entrée 2	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Hot Sides	French Fries	Caesar Salad	Baked Beans	Mashed Potato	Curly Fries
	Carroteenies	Cucumber Slices	Sweet Potato Fry	Green Beans	Carroteenies
Option 1	Chicken Caesar Wrap	Turkey & Cheese	American Cold Cut w/ Lett & Tomato	Turkey, Bacon, BBQ Wrap	Turkey Ham & Cheese on Wheat roll
Option 2	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper	Chef Salad w Garlic Knot w Turkey & Ham	Garden Salad w Garlic Knot and Choice of Chicken or Tuna Topper	Ceasar Salad w Garlic Knot and Choice of Chicken or Salmon Topper
Coldside Side options	Carroteenies, Veggie Crackers & Hummus	Cucumber Slices, Potato Salad & Goldfish	Celery Sticks w Soy Butter, Carroteenies & Goldfish	Poatato Salad, Broccoli Bites, Hummus & Veggie Crackers	Broccoli Bites, Carroteenies & Hummus
Fruit of the Day	Apples	Pears	Bananas	Orange Wedges	Fruit Cups

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