

Monday 3

Tuesday 4

Wednesday 5

Thursday 6

Friday 7

**Sizzle & Main**

**Sizzle and Main-Served with Choice of Fruit and a Beverage**

BBQ Meatballs  
Mashed Potatoes  
Broccoli

Chicken w/Verde Sauce  
Warm Tortillas  
Street Corn  
Spanish Rice

Jerk Chicken  
Rice and Peas  
Sauteed Cabbage

Mac and Cheese Bar  
Pulled Pork  
BBQ Chicken  
Chili

Hand Breaded  
Chicken Tenders  
Curly Fries  
Green Beans



**SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and a Beverage**

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad



**Rosemary Wilds—Served with a Choice of Fruit or Cup of Soup and a Beverage**

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

**The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage**

Chicken Gyro Bowl  
Rice Pilaf  
Mixed Veggies

Veggie Alfredo  
Steamed Broccoli

Shredded Beef  
Tortillas  
Cilantro Rice  
Sauteed Veggies

Curry Chicken  
Rice and Peas  
Sauteed Cabbage

Spaghetti and Meatballs  
Caesar Salad  
Rolls

**Gordon's Grill—Served with Fries and a Beverage**

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

**Ala Carte Offerings-Available Everyday**

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Side Garden Salads, Bottled Beverages, Bottled Water, Assorted Chips, Fresh Baked Brownies, Fresh Baked Cookies



*ChefAdvantage is committed to serving  
Nutritious and Delicious Meals!*  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 10

Tuesday 11

Wednesday 12

Thursday 13

Friday 14

**Sizzle & Main**

**Sizzle and Main-Served with Choice of Fruit and a Beverage**

Smothered Pork Chops  
Steamed Rice  
Sautéed Spinach  
Roll

Beef Q-dilla  
Cilantro Rice  
Pinto Beans

Jerk Chicken  
Rice and Peas  
Cabbage  
Roll

Chicken Tender Thursday  
Hand Breaded Chicken  
Tenders  
Mac and Cheese  
Broccoli

Baked Ziti  
Beef or Chicken  
Caesar Salad



**SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and a Beverage**

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad

Chef Salad  
Ceasar Salad  
Greek Salad



**Rosemary Wilds—Served with a Choice of Fruit or Cup of Soup and a Beverage**

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

**The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage**

Chicken Jambaya  
Fried Okra  
Cornbread

Gyro Bowl  
Rice Pilaf  
Mixed Veggies

Chicken Tinga  
Tortillas  
Cilantro Rice

Veggie Alfredo  
Caesar Salad  
Rolls

Curry Chicken  
Rice and Peas  
Sautéed Cabbage

**Gordon's Grill—Served with Fries and a Beverage**

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

**Ala Carte Offerings-Available Everyday**

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Side Garden Salads, Bottled Beverages, Bottled Water, Assorted Chips, Fresh Baked Brownies, Fresh Baked Cookies



*ChefAdvantage is committed to serving  
Nutritious and Delicious Meals!*  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 17

Tuesday 18

Wednesday 19

Thursday 20

Friday 21

**Sizzle & Main**

**Sizzle and Main-Served with Choice of Fruit and a Beverage**

Fried Chicken  
Garlic Mashed Potatoes  
Green Beans  
Rolls

Fish Tacos  
Spanish Rice  
Cumin Roasted Cauliflower

Rasta Pasta  
Green Beans  
Garlic Rolls

Roast Beef  
Mashed Potatoes  
Corn

Chicken Tenders  
Mac and Cheese  
Sauteed Cabbage



**SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and a Beverage**

Chef Salad  
Ceasar Salad

Chef Salad  
Ceasar Salad

Chef Salad  
Ceasar Salad

Chef Salad  
Ceasar Salad

Chef Salad  
Ceasar Salad



**Rosemary Wilds—Served with a Choice of Fruit or Cup of Soup and a Beverage**

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

**The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage**

Red Beans and Rice  
Fried Okra  
Cornbread

Baked Ziti  
Caesar Salad  
Garlic Rolls

Chicken Gyro Bowl  
Rice Pilaf  
Mixed Veggies

Veggie Alfredo  
Caesar Salad  
Rolls

Hamburger Steak w/Gravy  
White Rice  
Green Beans

**Gordon's Grill—Served with Fries and a Beverage**

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

**Ala Carte Offerings-Available Everyday**

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Side Garden Salads, Bottled Beverages, Bottled Water, Assorted Chips, Fresh Baked Brownies, Fresh Baked Cookies



*ChefAdvantage is committed to serving  
Nutritious and Delicious Meals!*  
Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG



Monday 24

Tuesday 25

Wednesday 26

Thursday 27

Friday 28

**Sizzle & Main****Sizzle and Main-Served with Choice of Fruit and a Beverage**

Swedish Meatballs  
Mashed Potatoes  
Corn

Beef Tacos  
Black Beans  
Roasted Butter Corn  
Spanish Rice

Teriyaki Chicken  
Fried Rice  
Lo Mein Noodles  
Roasted Broccoli

Burger Bar  
Cheese  
Bacon  
Sautéed Mushroom  
Sautéed Onion

Chicken Tenders  
Mashed Potatoes  
Corn

**SproutBerry's Deli-Served with Choice of Fruit or Cup of Soup and a Beverage**

Chef Salad  
Caesar Salad  
Greek Salad

Chef Salad  
Caesar Salad  
Greek Salad

Chef Salad  
Caesar Salad  
Greek Salad

Chef Salad  
Caesar Salad  
Greek Salad

Chef Salad  
Caesar Salad  
Greek Salad

**Rosemary Wilds—Served with a Choice of Fruit or Cup of Soup and a Beverage**

Fresh Baked Cheese and Pepperoni Pizza with Daily Specials

**The Balanced Bite-Served with Choice of Fruit or Cup of Soup and a Fountain Beverage**

Chicken Gyro Bowl  
Rice Pilaf  
Mixed Veggies

Fish and Grits  
Hushpuppies

Beef Burrito Bowl  
Cilantro Rice  
Mixed Veggies

Veggie Fried Rice  
Teriyaki Tofu  
Garden Salad

Spaghetti and Meatballs  
Caesar Salad  
Rolls

**Gordon's Grill—Served with Fries and a Beverage**

Fresh Grilled Hamburgers, Chicken Sandwiches, French Fries and Daily Specials

**Ala Carte Offerings-Available Everyday**

Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Side Garden Salads, Bottled Beverages,  
Bottled Water, Assorted Chips, Fresh Baked Brownies, Fresh Baked Cookies



*ChefAdvantage is committed to serving  
Nutritious and Delicious Meals!*

Locally sourced ingredients whenever possible  
No High Fructose Corn Syrup, Trans Fats, or MSG

