

MONTVERDE ACADEMY DINING HALL MENU

January 14th - 20th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Scrambled Eggs 2 EA 140 C Breakfast Burrito 1 EA 348 C Hash Browns 4 oz. 205 C Corned Beef Hash 4 oz. 145 C Oatmeal 8 oz. 166 C	Scrambled Eggs 2 EA 140 C French Toast slice 159 C Tater Tots PC 18 C Sausage Links EA 70 C Grits 8 oz. 143 C	Egg Casserole 4 oz. 308 C Biscuits & Gravy 1 EA 370 C Home Fries 4 oz. 205 C Bacon EA 16 C Oatmeal 8 oz. 166 C	Scrambled Eggs 2 EA 140 C French Toast Sticks EA 96 C Tater Tots PC 18 C Sausage Patties EA 98 C Grits 8 oz. 143 C	Cheese Omelet 1 EA 365 C Chocolate Chip Pancakes EA 47 C Ham 2 oz. 58 C Home Fries 4 oz. 205 C	BRUNCH	BRUNCH
	PAstry BAR / CEREAL BAR / WAFFLE BAR EVERYDAY						
LUNCH	Turkey Taco 1 Ea 143 C Rice 4 oz. 120 C Refried Beans 4 oz. 119 C Herbed Cod 4 oz. 220 C	Chicken Nuggets EA 48 C French Fries 4 oz. 160 C Corn 4 oz. 83 C Grilled Chicken 4 oz. 213 C	Blackened Fish 4 oz. 255 C Roast Pork Loin 4 oz. 217 C Mashed Potatoes with Gravy 4 oz. 120 C Peas & Carrot 4 oz. 176 C Corn Dogs EA 60 C	Baked Cod 4 oz. 200 C Roasted Chicken 4 oz. 213 C Rice Pilaf 4 oz. 110 C Broccoli 4 oz. 25 C Chicken Nuggets EA 48 C	Cilantro Snapper 4 oz. 203 C Fried Shrimp EA 65 C French Fries 4 oz. 160 C Corn 4 oz. 83 C	BRUNCH	BRUNCH
	SOUP & SALAD BAR / DELI BAR EVERYDAY						
PASTA BAR	Pasta 1 cup 221 C Marinara Sauce 1 oz. 13 C Pesto Alfredo 1 oz. 151 C	Pasta 1 cup 221 C Marinara Sauce 1 oz. 13 C Alfredo Sauce 1 oz. 41 C	Pasta 1 cup 221 C Marinara Sauce 1 oz. 13 C Pesto Alfredo 1 oz. 151 C	Pasta 1 cup 221 C Marinara Sauce 1 oz. 13 C Alfredo Sauce 1 oz. 41 C	Pasta 1 cup 221 C Marinara Sauce 1 oz. 13 C Alfredo Sauce 1 oz. 41 C		
ASIAN BAR	Soup Station 8 oz. serving 60 - 200 C	Steamed Rice 4 oz. 30 C Pork Stir Fry 8 oz. 416 C	Steamed Rice 4 oz. 30 C Shrimp Stir Fry 8 oz. 217 C	Steamed Rice 4 oz. 30 C New Orleans Chicken Stir Fry 8 oz. 400 C	Steamed Rice 4 oz. 30 C Beef Lo Mein 8 oz. 500 C		
DINNER	Ham Steak 4 oz. 116 C Scalloped Potato 4 oz. 109 C Green Beans 4 oz. 17 C Baked Chicken 4 oz. 213 C	Asian Beef Stew 4 oz. 321 C Stir Fry Veggie 4 oz. 145 C General Tso Chicken 4 oz. 233 C	Veggie Burrito EA 460 C Rice 4 oz. 120 C Refried Beans 4 oz. 119 C Chorizos w/ peppers 4 oz. 100 C	Garlic Bread EA 170 C Spaghetti 4 oz. 90 C Meat Sauce 4 oz. 90 C Green Beans 4 oz. 132 C Cajun Tilapia 4 oz. 143 C	Spring Rolls EA 60 C Lo Mein 4 oz. 135 C Snow Peas 4 oz. 20 C Tofu w/ Snow Peas 4 oz. 112 C	Chef Special	Tangerine Chicken 4 oz. 309 C Rice 4 oz. 120 C Snow Peas 4 oz. 31 C Vegetable Roll EA 63 C
	SALAD BAR / DELI BAR EVERYDAY						
1/14 - 1/20					Early Dismissal		

