

# MONTVERDE ACADEMY - DINING HALL MENU



	Mon, Dec 05	Tue, Dec 06	Wed, Dec 07	Thu, Dec 08	Fri, Dec 09
<b>Breakfast</b>	Muffin	Cheese Omelet	Hard Boiled Eggs	Egg Patties	Scrambled Eggs
	Hash Browns	Biscuit & Gravy	Tater Tots	English Muffin	Hash Browns
	Chicken and Waffles	Home Fries	Sausage Links	Tater Tots	Bacon
	Pancakes	Sausage Patty	Oatmeal	French Toast Sticks	Grits
<b>Passport</b>	Grilled Chicken	Herb Chicken	Pigeon Pea Beans	Greek Chicken	Build Your Own Hot Dog
	Penne Pasta	Rosa Sauce	Meat Sauce	Marinara Sauce	
	Alfredo Sauce	Marinara Sauce	Black Beans	Pinto Beans	
	Marinara Sauce	Pasta	Alfredo Sauce	Shell Pasta	
	Lentils	2 Bean Casserole	Steamed Rice	Steamed Rice	Baked Beans
<b>Lower</b>	BBQ Shredded Chicken	Honey Garlic Chicken br	Meat Balls	Orange Chicken	Spaghetti Meat Sauce
	Chili	Fried Fish Nuggets	Marinara Sauce	Beef and Broccoli	Cheese Quesadillas
	Yellow Rice	Scallop Potato	Baked Ziti	Rice	Cavatappi Pasta
	Carrots	Catalina Veggie	Green Beans	Sweet Corn	Cauliflower
<b>6th-12th</b>	BBQ Shredded Chicken	Roast Pork Tenderloin	Orange Chicken	Teriyaki Chicken	Red Chicken Curry
	Chili Mac	Honey Garlic Chicken	Baked Ziti	Beef & Broccoli	Beef Strip pepper/onion
	Yellow Rice	Scallop Potato	Spring Roll	Yakisoba	Cavatappi Pasta
	Corn Muffin	Catalina Vegetable Blend	Fried Rice	Vegetable Rice	Steamed Rice
	Carrots		Green Beans	Corn on the Cobb	Cauliflower
<b>Nest</b>	Grilled Chicken	Beef Strips	Pulled Pork	Spaghetti & Meatballs	Beef Strip pepper/onion
	Baked Fish	Chicken Strips	Grilled Chicken	Chicken Strips	Chicken Breast
	Pasta Marinara	Pasta Marinara	Pasta Marinara	Pasta Marinara	Pasta Pentamari
	Steamed Rice	Steamed Rice	Black Beans	Steamed Rice	Steamed Rice
	Chef's Vegetables	Catalina Vegetables	Steamed Rice	Broccoli	Chef's Vegetables
<b>Dinner</b>	Chicken Wings	Pork Chops	Steak	Chicken Lo Mein	Rolled Lasagna
	Salisbury Steak	Chicken Pesto Alfredo	Chicken Piccata	Sweet & Sour Chicken	Meatballs
	Mac & Cheese	Mashed Potato	Roasted Potatoes	Egg Roll	Garlic Knots
	Chef's Vegetables	Green Beans	Broccoli	Steamed Rice	Fried Eggplant Parm

**Available for breakfast:** Assorted Cereals, Breads, Bagels, Croissants, Muffins, Waffles, Fruit, Yogurt, Meats, and Cheese

**Available for lunch and dinner:** Full Fresh Salad bar, Meats and Cheeses, Chicken Salad, Tuna Salad, Assorted Breads, and Soup of the day.

**Specialty Salad of the week:** Ramen Noodle Salad