

MONTVERDE ACADEMY - DINING HALL MENU



	Mon, Sep 30	Tue, Oct 01	Wed, Oct 02	Tue, Sep 03	Fri, Oct 04
Breakfast	Hard Boiled Egg	Scrambled Eggs	Egg Patty	Fried Egg Patty	Cheese Omelet
	Tater Tots	Breakfast Potato Cubes	Hash Brown Triangle	Warm English Muffin	Tater Tots
	Chicken Sausage Patty	Pork Sausage Links	Grilled Ham Steak	Bacon	Chicken Sausage Patty
	Warm Butter Croissant	Warm Demi Danish	Vegetarian Sausage Patty	Warm Banana Nut Muffin	Warm Apple/Cinnamon Muffin
	Oatmeal	Cheese Jalapeno Grits	Oatmeal	Cheese Grits	Oatmeal
Lower	Spaghetti with Meat Sauce	Meat Lasagna	Chicken Carbonara with Peas	Battered Fish Filet	Teriyaki Chicken Meatballs
	Beef Hot Dog	Dyno Nuggets	BBQ Pork Sandwich	Hamburger	Seasoned Beef Strips
	Garlic Bread	Tater Tots	Ranch Chips	French Fries	Vegetable Egg Rolls
	Potato Sticks	Garlic Bread	Pasta with Alfredo Sauce	Steamed Rice	Steamed Jasmine Rice
	Buttered Broccoli	Peas and Carrots	Buttered Green Peas	Cauliflower with Cheese	Stir Fried Vegetables
Passport	Baked Manicotti	Tuscan Grilled Tofu (Veg)	Chicken Parmesan Bake	Stuffed Shells (Veg)	Chicken Cacciatore
	Plant Based Meat Sauce (Veg)	Mediterranean Chicken Strips	Grilled Chicken Parm (Veg)	Shrimp and Pasta Alfredo	Grilled Chicken Cacciatore (Veg)
	Ziti Pasta	Vegetable Orzo	Pasta	Marinara Sauce	Pasta
	Marinara Sauce	Marinara Sauce	Marinara Sauce	Alfredo Sauce	Marinara Sauce
6th-12th	Orange Ginger Chicken	Sweet and Sour Meatballs	Beef Pot Roast	Chicken Enchilada Lasagna	Cheese or Pepperoni Pizza
	Shrimp Stir Fry	Blackened Chicken Thigh	Stewed Greek Chicken	Mojito Pork Carnitas	Grilled Bratwurst
	Vegetable Spring Rolls	Steamed Rice	Roasted Potatoes	Warm Flour Tortilla	BBQ House Chips
	Steamed Jasmine Rice	Buttered Orzo	Steamed Rice	Yellow Rice	Steamed Rice
	Broccoli	Steamed Green Beans	Buttered Green Peas	Fire Roasted Corn	Steamed Green Beans
Lunch Grill	Beef Franks/Fried Chicken Sandwich/Green Leaf Lettuce/Sliced Tomatoes/Sliced Onion/Chopped Onion				
Nest	Meat Sauce with Pasta	Grilled Chicken Breast	Pulled Beef	Mojito Pork Carnitas	Baked Chicken
	Shrimp Stir Fry	Sweet and Sour Meatballs	Seasoned Chicken Strips	Chicken Strips	Teriyaki Beef Meatballs
	Jasmine Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
	Steamed Broccoli	Pasta and Marinara Sauce	Pasta with Alfredo Sauce	Pasta with Marinara Sauce	Steamed Green Beans
		Steamed Green Beans	Buttered Green Peas	Roasted Corn	
Dinner	Chicken Fajitas	Grilled Pork Chops	Taco's	Build Your Own Deli Sandwich	Chicken Curry
	Beef Barbacoa Fajitas	Beef Empanada	Beef Stew	Fried Fish Sandwich	Baked Ziti
	Yellow Rice	Au Gratin Potatoes	Basmati Rice	House Made Potato Chips	French Fries
	Chips and Salsa	Yellow Rice	Parsley Buttered Pasta		Basmati Rice
	Tex Mex Corn with Peppers	Oven Roasted Brussel Sprouts	Fresh Broccoli	Fresh Roasted Zucchini	Fresh Green Beans
Soup	Tomato Basil	Chicken Noodle	Red Pepper Gouda	Broccoli and Cheese	Fire Roasted Vegetable

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, Chefs Choice Salad, Tuna Salad, and Assorted Breads.

Specialty Salads of the week: Mediterranean Salad-Artichoke Caprese Salad