

# CRLS CHEF STATION MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oven Fried Chicken Fingers</b> Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	<b>Taco Bar: Beef or Colorado Chicken</b> Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Ethiopian Doro Wat</b> White Rice, Roasted Spiced Carrots, Sautéed Spinach	<b>BBQ Chicken Thighs</b> Roasted Potatoes, Braised Collard Greens, Seasoned Corn
<b>Oven Fried Chicken Fingers</b> Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	<b>Chicken &amp; Cheese Tamales</b> Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Sweet &amp; Sour Chicken</b> White Rice, Roasted Spiced Carrots, Sautéed Spinach	<b>Meatloaf</b> Smashed Potatoes, Braised Collard Greens, Seasoned Corn
<b>Sausage, Peppers, &amp; Onions</b> Sweet Potato Wedges and Roasted Broccoli	<b>Taco Bar: Beef or Colorado Chicken</b> Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Moroccan Kati-Kati Baked Chicken</b> Moroccan Roasted Potatoes, Roasted Carrots, Sautéed Green Beans	<b>Roasted Turkey Dinner</b> Smashed Potatoes, Sautéed Collard Greens, Seasoned Corn with Gravy & Stuffing
<b>Oven Fried Buffalo Chicken</b> Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	<b>Burrito Bowl: Beef or Colorado Chicken</b> Roasted Peppers & Onions, Ranchero Beans, and Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Jamaican Jerk Chicken</b> Cilantro Lime Rice, Sautéed Carrots and Plantains	<b>Shepard's Pie</b> Smashed Potatoes, Braised Collard Greens
<b>Oven Fried Chicken Fingers</b> Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	<b>Taco Bar: Beef or Colorado Chicken</b> Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Greek Lemon Chicken</b> Herb Roasted Potatoes, Roasted Summer Squash and Sautéed Spinach	<b>Baked Fish</b> Rice Pilaf, Sautéed Corn and Steamed Broccoli
<b>Oven Fried Chicken Fingers</b> Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	<b>Taco Bar: Beef or Colorado Chicken</b> Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	<b>Pulled Pork Sandwich</b> Macaroni & Cheese, Roasted Butternut Squash, Sautéed Kale	<b>Caribbean Curry Chicken</b> Rice, Sautéed Cabbage and Sautéed Green Beans	<b>Chicken Pot Pie</b> Braised Collard Greens and Seasoned Corn

## FREE MEALS

Meals are at no cost for all students as long as they select a **'complete meal'**.

This means: A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

## DAILY SELECTIONS

### Salad & Soup Bar

Build your own salad  
Daily rotating selection of soups

### Deli Station

Made to order deli sandwiches

### Bistro Station

Rotating selection of hot sandwiches

SEPTEMBER						
S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER						
S	M	T	W	TH	F	S
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29	30	31				

NOVEMBER						
S	M	T	W	TH	F	S
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26	27	28	29	30		

DECEMBER						
S	M	T	W	TH	F	S
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24/31	25	26	27	28	29	30

JANUARY						
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28	29	30	31			

FEBRUARY						
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MARCH						
S	M	T	W	TH	F	S
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24/31	25	26	27	28	29	30

APRIL						
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28	29	30				

MAY						
S	M	T	W	TH	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE						
S	M	T	W	TH	F	S
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16	17	18	19	20	21	22
23/30	24	25	26	27	28	29