Flik INDEPENDENT SCHOOL DINING

February 2012
St. Mark's School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Black Bean Soup Beef & Chicken Fajita Tuna & Chicken Salad Wraps Vegetarian Chili Mexican Corn **Dinner** Tri-colored Cheese Tortellini & Shrimp Alfredo Oriental BBQ Glazed Pork Loin Vegetarian Stuffed Tomatoes Scalloped Potatoes Vegetable Medley	**2** **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Mushroom & Beef Soup Steamed Hot Dogs & Rolls Grilled Chicken Teriyaki Cilantro Beef Broth Rice Noodles Vegetable Lo-Mein Orange Glazed Carrots **Dinner** Fried Chicken, Biscuits, Gravy & Cole Slaw Italian Stuffed Shells Vegetarian Chili Sour Cream & Chive Mashed Potatoes Green Beans	**3** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Chicken & Vegetable Stir Fry Oriental Pasta Salad Jasmine Rice **Dinner** Fried Fish Grilled Turkey Burger Eggplant Rotini French Fries Braised Red Cabbage, Apple & Bacon	**4** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Tomato Soup Grilled Cheese Tomato & Bacon Sandwich Macaroni & Cheese Baked Potato Bar Fresh Broccoli & Cauliflower **Dinner** Baked Ham with Sweet & Sour Sauce Sauteed Buffalo Chicken Oven Roasted Potatoes Zucchini & Summer Squash
5 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Cheeseburgers Assorted Pizzas Fried Potato Wedges	**6** **Lunch** Potato & Cheddar Soup Southwestern Chicken Breast with Roasted Corn and Black Beans Grilled Italian Cold Cut Sandwich Veggie Burger with Peppers & Onions Sweet Potato Fries Buttered Carrots **Dinner** Cream of Chicken Soup Pork Cutlet Parmesan Grilled Chicken and Cheese Quesadillas Vegetable Stuffed Tomato Steamed Broccoli	**7** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Roast Beef French Dip Sandwich Cheese Raviolis Zucchini and Summer Squash **Dinner** Seated Meal- Grilled Turkey Dinner with Stuffing, Corn and Mashed Potatoes Fresh Salad	**8** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Make Your Own Pita Pocket Gallo Pinto Baked Summer Squash **Dinner** Fried Chicken Tenders Macaroni & Cheese Boiled Red Potatoes Vegetable Medley	**9** **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Turkey Vegetable Soup Santa Fe Chicken and Pasta Fried Fish Sandwich Soba Noodles & Tofu Au Gratin Potatoes Peas **Dinner** Chicken Scampi Italian Sausage Lasagna Cheese Lasagna Oven Roasted Potato Green Beans	**10** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Philly Cheese Steak, Caesar Salad, OVen Roasted Potatoes & Corn **Dinner** Broiled Salmon Baked Meatloaf Eggplant Parmesan Potato Pancakes Cauliflower & Carrots	**11** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Broccoli Soup Grilled Ham & Cheese Sandwich Italian Meatball Subs Penne Pasta with Fresh Vegetables Primavera Seet Potato Fries Steamed Broccoli **Dinner** Chicken Orzo Soup Sauteed Chicken with Supreme Sauce Beef & Bean Chili Grilled Vegetable & cheese Wraps Roasted Carrots Rice Pilaf
12	**13**	**14**	**15**	**16**	**17**	**18**

Brunch Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Fresh Made Nacho Bar Wing Night Corn	**Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Waffles Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken & Rice Soup Tri-Colored Tortellini with Meat Sauce Steamed Turkey Hot Dogs & Rolls Caesar Salad Spicy Vegetables and Rice Steamed Mixed Vegetables Baked Potato Fries **Dinner** Oriental BBQ Pork Loin with Orange Garlic Sauce Teriyaki Chicken & Vegetable Stir Fry Jasmine Rice Green Beans	**Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Corn & Potato Soup Grilled Peppersteak Sub with Cheese Sauce Turkey Burgers with Swiss Cheese Shoestring Fries Steamed Broccoli **Dinner** CHicken Maryland with Corn Fritters Torellini with Clam Sauce Vegetable Pizza Baked Potato Fries Zucchini & Summer Squash	**Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Beef Barley Soup Make Your Own Wraps- Turkey, Buffalo Chicken, Tuna, Vegetable ** FOOD FOCUS ** LONDON ** Fish & Chips Vegetarian chili Tortilla Chips Chick Pea Fries Cheesy Cauliflower **Dinner** Breakfast at Dinner Scrambled Eggs Scrambled Eggs with Ham & Cheese Chocolate Chip and Plain Pancakes Home Fries Baked Ham	**Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Clam Chowder Fried Honey Mustard Chicken Sandwich Gnocchi Bolognese Grilled Polenta Fresh Buttered Carrots **Dinner** Grilled Chicken Breast with Light Supreme Sauce Swedish Meatballs with Buttered Noodles Stuffed Portabella Mushroom Fresh Vegetables	**Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Chicken Pot Pie, Warm Biscuits, Fresh Vegetable & Caesar Salad **Dinner** Tomato Soup Roasted Sliced Roast Beef with Gravy Macaroni & Cheese Butternut Squash Oven Roasted Potatoes	**Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Linguine & Meatballs Southwestern Chicken Wrap Turkey wraps Fresh Vegetables **Dinner** Braised BBQ Pork Ribs Fried Chicken tenders Pasta Primavera Corn Bread Fresh Vegetables
19 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Grilled Cheeseburgers Fresh Vegetables	**20** **Brunch** *Open Weekend* Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Chicken & Orzo Soup Beef Pot Roast with Gravy Baked Mexican Lasagna Mashed Potato Fresh Vegetables	**21** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Cream of Mushroom Grilled Smoked turkey, Swiss, Bacon & Apple Butter Grilled Jamaican Jerk Chicken Pasta and Fresh Vegetables Pesto Mexican Rice Roasted Carrots **Dinner** Oriental BBQ Pork & Vegetable Stir Fry Teriyaki Wings Fried Tofu & Broccoli Fried Rice Fresh Vegetables	**22** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Onion Soup Turkey Chili with White Rice Cheese Tortellini Rigatoni Pasta with Choice of toppings Caesar Salad Garlic Bread Fresh Vegetables **Dinner** Seafood Gumbo Charbroiled Salisbury Steak with Gravy Vegetarian Stuffed Tomato O'Brien Potatoes Corn	**23** **Breakfast** Chocolate Chip Pancakes Pancakes Waffles Scrambled Eggs Corned Beef Hash Hot Oatmeal Home Fries Fresh Cut Fruit & Yogurt **Lunch** Italian Wedding Soup Cheese, Pepperoni & Vegetable Pizzas Grilled Veggie Burgers with Peppers & Onions Steamed Broccoli **Dinner** Blackened Salmon with Mango Salsa Sauteed Buffalo Chicken Eggplant Parmesan Baked Red Bliss Potatoes Fresh Green Beans	**24** **Breakfast** Texas & Fruit Bread French Toast Scrambled Eggs Waffles Corned Beef Hash Homefries **Lunch** Seated Meal- Cuban Chicken with Jicama Slaw, Rice & Beans, Vegetable & Salad **Dinner** Taco Bar Baked Chicken Noodle Casserole Vegetarian Falafel with Cucumber & Mint Green Peas Oven Roasted Potatoes	**25** **Breakfast** Texas Bread French Toast Scrambled Eggs Grilled Sliced Kielbasa Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Tomato Soup Italian Sausage Grinder with Pepper & Onions Sauteed Chicken Bruschetta Vegetarian Quesadillas Steamed Corn Sweet Potato Fries **Dinner** Fried Chicken Parmesan with Provolone Cheese Baked Potato Bar Pasta Primavera Steamed Zucchini & Summer Squash
26 **Brunch** Pancakes Scrambled Eggs Waffles Omelets Chef's Choice Bacon Home Fries Hot Oatmeal **Dinner** Taco Bar Stir Fry Chicken with Broccoli, Water Chestnuts & Pea Pods	**27** **Breakfast** Texas Bread French Toast Assorted Fruit Bread French Toast Waffles Scrambled Eggs Sausage Patties Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Chicken & Rice Soup Seated Meal- Grilled Chicken and Pesto with	**28** **Breakfast** Blueberry Pancakes Plain Pancakes Scrambled Eggs Waffles Sausage Links Home Fries Hot Oatmeal Fresh Cut Fruit & Yogurt **Lunch** Vegetable Soup Panko Crusted Tilapia with Apricot Glaze Grilled Ham, Tomato &	**29** **Breakfast** Scrambled Eggs Hot Oatmeal Chocolate Chip or Blueberry Pancakes Homefries Bacon **Lunch** Black Bean Soup Make Your Own Pocket - Roast Beef, Tuna, Turkey, Chicken Caesar, Vegetables Cheese Tortellini			

Vegetarian Stuffed Red Pepper Fresh Vegetables	Buttered corn, Linguine & Garlic Garlic Bread Green Salad **Dinner** Chicken Noodle soup Fried Fish with Tartar Sauce Grilled BBQ Chicken Linguine with Vegetables Fresh Broccoli French Fries	Cheddar on Marble Falafel with Cucumber & Mint Cheesy Cauliflour Buttered Egg Noodles **Dinner** Beef & Broccoli Stir Fry Grilled Chicken & Pasta Santa Fe Stuffed Portabella Mushrooms Steamed Summer Squash & Carrots Jasmine Rice	Fresh Zucchini Homemade Tortilla Chips **Dinner** Steamed Hot Dogs & Rolls Grilled Chicken w/Supreme Sauce Green Beans Oven Roasted Potatoes			