Flik INDEPENDENT SCHOOL DINING

July 2012
Riverside Military Academy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 **Dinner** Asian Chicken Noodle w/ Bok Choy General Tso's Pork w/ Broccoli Steamed Jasmine Rice Stir Fry Vegetables Marble Cake Assorted Fresh Fruits & Salads Vegan Option: General Tso's Tofu w/ Broccoli	9 **Breakfast** Buttermilk Pancakes w/ Maple Syrup Sausage Link Home Fried Potatoes Grits Assorted Fresh Fruits Assorted Danish **Lunch** Sweet & Sour Vegetable Soup Buffalo Chicken Breast on Grilled Flatbread Flik Chips Roasted Zucchini & Yellow Squash Chocolate Chip Cookie Assorted Fresh Fruits & Salads Vegetarian Option: Grilled Veggie Burger **Dinner** Minestrone Soup Three Cheese Stuffed Shells w/ Turkey Bolognese Sauce Herb Garlic Bread Stick Italian Green Beans Tiramasu Assorted Fresh Fruits & Salads Vegetarian Optinon: Three Cheese Stuffed Shells with Chunky Marinara	10 **Breakfast** Scrambled Eggs Crispy Bacon Potato Gems Oatmeal w/ Cinnamon & Brown Sugar Assorted Fresh Fruits Fresh Baked Scone **Lunch** Tomato Vegetable Soup Greek Beef Gyros w/ Tzatziki Sauce Diced Tomatoes and Lettuce Roasted Egg Plant French Fries Fudge Brownies Assorted Fresh Fruits & Salads Vegetarian Option: Grilled Squash Gyro **Dinner** Spicy Chicken Noodle Soup Roasted Pork Loin topped with Sweet Onion Jam Baked Sweet Potato Sauteed Okra Cheesecake Assorted Fresh Fruits & Salads Vegetarian Option: Roasted Vegetable Napolean	11 **Breakfast** Double Waffles w/ Strawberry Compote Canadian Bacon Potato Hash Cheese Grits Assorted Fresh Fruits Fresh Baked Cinnamon Bun **Lunch** Southwestern Tortilla Soup w/ Beef Chicken Soft Tacos Grilled Peppers & Onions Spanish Rice Roasted Tomato Salsa Cinnamon Dusted Churros Assorted Fresh Fruits & Salads Vegetarian Option: Black Bean Tacos w/ Grilled peppers & Onions **Dinner** Chunky Sweet Potato Soup Turkey Tetrazzini w/ Linguini Whole Wheat Dinner Roll Steamed Peas & Carrots Apple Crisp Assorted Fresh Fruits & Salads Vegetarian Option: Vegetable Tetrazzini w/ White Beans	12 **Breakfast** Egg & Cheddar Scramble Grilled Ham Steak Home Fried Potatoes Apple Cinnamon Oatmeal Assorted Fresh Fruits Chocolate Chip or Orange Cranberry Muffin **Lunch** Vegetable Soup Pulled Pork with Your Choice a Carolina and Sweet BBQ Fresh Baked Corn Bread w/ Sweet Butter Steamed Broccoli Ranger Cookies Assorted Fresh Fruits & Salads Vegetarian Option: BBQ Tofu **Dinner** Hearty Roasted Turkey Soup Creole Shrimp,Chicken & Andouille Sausage Steamed Rice Butter Corn on Cob Chocolate Cake w/ Vanilla Bettercreme Frosting Assorted Fresh Fruits & Salads Vegetarian Option: Black Eyed Pea & Kidney Bean Jambalaya	13 **Breakfast** Scrambled Eggs Sausage Patty Biscuits Grits Assorted Fresh Fruit Apple Bear Claw **Lunch** Cream of Broccoli & Cheddar Soup Grilled Hamburger Sauteed Mushrooms & Onions Lettuce ,Tomato Cheese Flik Chips Smores Bar Assorted Fresh Fruits & Salads Vegetarian Option: Grilled Veggie Burger **Dinner** Corn Chowder Herb Roasted Chicken Quarters Rice Pilaf Steamed Cauliflower Florets Yellow Cake with Chocolate Frosting Assorted Fresh Fruits & Salads Vegetarian Option: Vegetable Fritters	14 **Breakfast** Southwestern Vegetable Egg Scramble Turkey Bacon Home Fried Potatoes Brown Sugar & Cinnamon Oatmeal Assorted Fresh Fruit Donut **Lunch** Cream of Cauliflower Soup Battered Fish French Fries Steamed Sweet Peas Oreo Cookie Balls Assorted Fresh Fruits & Salads Vegetarian Option: Crispy Zuchini Sticks with Roasted Red Pepper Hummus **Dinner** Split Pea Soup Mongolian Beef w/ Sauteed Onions Vegetable Lo-Mein Snow Peas w/ Grilled Red Bell Peppers Deeped Fried Sweet Banana Egg Roll Assorted Fresh Fruits & Salads Vegetarian Option: Stir Fry Vegetable w/ Tofu
15 **Brunch** Meatlovers Frittata Assorted Breakfast Items Assorted Lunch Items - Chef's Choice Assorted Fresh Fruits & Salads Assorted Cereals Assorted pastries & Desserts **Dinner** Vegetable Beef Noodle Soup Goat Cheese Pasta Carbonara Whole Wheat Dinner Roll Green Beans w/ Roasted Garlic and Cherry Tomatoes Angel Food Cake w/	16 **Breakfast** Scrambled Eggs Sausage Link Home Fried Potatoes Brown Sugar Oatmeal w/ Toppings Assorted Fresh Fruits Fresh Baked Scone **Lunch** Texas Ale House Chili Beef Franks Flik Chips Steamed Broccoli Fudge Brownie Assorted Fresh Fruits & Salads Vegetarian Option: Vegetarian Chili **Dinner**	17 **Breakfast** Whole Wheat Pancake w/ Blueberry Compote Crispy Bacon Hash Brown Patty Cheese Grits Assorted Fresh Fruit Apple Bear Claw **Lunch** Curried Lentil Soup Crispy Chicken Fingers French Fries Sweet Corn & Peas Lemon Bar Assorted Fresh Fruits & Salads Vegetarian Option: Grilled Veggie Sticks w/ Roasted Garlic Hummus **Dinner**	18 **Breakfast** Southwestern Vegetable Egg Scramble Ham Home Fried Potatoes Brown Sugar & Cinnamon Oatmeal Assorted Fresh Fruit Donut **Lunch** Cream of Cauliflower Soup Battered Fish Flik Chips Steamed Sweet Peas Cookie Assorted Fresh Fruits & Salads Vegetarian Option: Crispy Zuchini Sticks with Roasted Red Pepper Hummus	19 **Breakfast** Scrambled Eggs Sausage Link Homefries Grits Assorted Pastries And Fruit **Lunch** Vegetable Soup Southwestern Chili Mac And Cheese Steamed Green Beans Chocolate Chip Cookies Assorted Fruit And Salads **Dinner** Black Bean Soup Mojito Baked Chicken Yellow Squash with Onions Wild Rice Yellow Cake	20 **Breakfast** Apple Cinnamon Oatmeal Home Style Waffles Hot Syrup Scrambled Eggs Bacon Banana Chocolate Chip Muffin Assorted Fruit and Hand Fruit **Lunch** Tropical Fruit Gazpacho Pepperoni Pizza Cucumber Tomato Orzo Salad Cookies Vegetarian Option:Cheese Pizza **Dinner**	21 **Brunch** Chef Choice Meat Lovers Breakfast Casserole Assorted Lunch Options Assorted Salads & Fresh Fruit Assorted Baked Desserts **Dinner** French Onion Soup Slow Cooked Sweet BBQ Pork Ribs Baked Beans Roasted Potatoes Corn Bread Confetti cake Vegetarian Option:Grilled BBQ Tofu

Angel Food Cake w/ Blueberry Topping Assorted Fresh Fruits & Salads Vegetarian Option: Pasta Alfredo w/ White Beans	Roasted Tomato & Green Bean Soup Grilled Tuscan Chicken Quarters Baked Potato Roasted Italian Vegetable Medley Red Velvet Cake Assorted Fresh Fruits & Salads Vegetarian Option: Marinated Veggie Skewers	**Dinner** Creamy Baked Potato Soup American Beef Goulash Dinner Roll Roasted Cauliflower and Red Bell Peppers Peach Crisp Assorted Fresh Fruits & Salads Vegetarian Option: Whole Wheat Pasta w/ White Bean Ragu	Red Pepper Hummus **Dinner** Split Pea Soup Baked Turkey Pot Pie Dinner Rolls Roasted Butter nut Squash with Sage Deeped Fried Sweet Banana Egg Roll Assorted Fresh Fruits & Salads Vegetarian Option: Pot Pie Vegetable w/ Tofu	Assorted Fruits and Salads Vegetarian Option: Grilled Mojito Tofu	Chicken Vegetables Soup Meat Loaf Brown Gravy Sauteed Mushrooms and Broccoli Barley Risotto Dinner Rolls Oreo Cheese Cake Vegetrian Option: Quinoa Mix Vegetable	
22 **Brunch** Assorted Breakfast Options Assorted Lunch Options Pastries Assorted Desserts Fresh Cut Fruit and Hand Fruit	**23** **Breakfast** Sausage Biscuits Grits Hash Brown Patty Fresh Baked Scone Fresh Cut Fruit and Hand Fruit **Lunch** Lentil Soup Chicken Tenders Herb Mashed Potatoes Corn on the Cob Apple Crisp Vegetarian Option: Grilled Mushroom with Cheese **Dinner** Minestrone Soup Stuffed Shells Marinara Garlic Bread Saute Green Beans and Peppers Tiramisu Cake	**24** **Breakfast** Buttermilk Pancakes with Hot Maple Syrup Crispy Bacon Tatter Tots Fresh Cut Fruit and Hand Fruit Danish **Lunch** Beef Chili Soup Hot Dogs Flik Chips New York Style Red Onion Sauce Carrot Slaw Peanut Butter Cookie Assorted Fresh Fruit and Salads **Dinner** Jamaican Pepper Pot Soup Caribbean Jerk Chicken Pineapple salsa Coconut Rice and Peas Jamaican Cabbage Salad Smores	**25** **Breakfast** Cheese Grits Scrambled Eggs with Fresh Herbs Ham Steak Orange Cranberry Muffin Fresh Cut Fruit an Hand Fruit **Lunch** Roasted Vegetable and Tomato Soup Beef Empanada Lime Chile Dipping Sauce Sweet Plantains Cookies Vegetarian Option: Cheese Empanada **Dinner** Vegetable Noodle Soup Pork Schnitzel Spaetzle saute in Butter Sauteed Spinach Dulce de Leche Cake	**26** **Breakfast** Homestyle Waffles Maple Syrup Sausage Link Hashbrown Potato Doughnuts **Lunch** Chicken Noodle Soup Blackened Pollock Sandwich Red Pepper Sauce Sweet Potato Fries Buttered Corn Cookies **Dinner** Egg Drop Soup Beef and Broccoli Fried Rice Stir Fried Snow Peas with Ginger Bread Pudding	**27** **Breakfast** Scrambled Eggs Apple & Brown Sugar Oatmeal Bacon Potato Gems **Lunch** Tomato Soup BLT Wrap Garlic Aioli Mayonnaise Pickles Flik Chips Angel Food Cake Topped with Strawberry Sauce Vegetarian Option: Grilled Cheses on Flat Bread **Dinner** Mushroom Barley Soup Calzone stuffed with Pepperoni and Cheese Served with Marinara Sauce Caesar Salad Double Layer Chocolate and Vanilla Pudding Vegetarian Option: Calzone Stuffed with Cheeses with Marinara	**28** **Breakfast** French Toast with Maple Syrup Scrambled Eggs Sausage Patty Oatmeal Assorted Pastries And Fresh Fruit **Lunch** NE Clam Chowder Chicken Philly Sub Sauteed Mushroom Sauteed Onion French Fries Glazed Carrots Chocolate Cookie Fresh Cut Fruit and Hand Fruit **Dinner** Tuscan Chickpea Soup Turkey Shepherd's Pie Roasted Red Pepper and Cauliflower Oreo Browies Fresh Cut Fruit and Hand Fruit
29 **Brunch** Assorted Breakfast Items Assorted Lunch Items Assorted Desserts Assorted Pastries Fresh Cut Fruit and Hand Fruit **Dinner** White Bean Soup Homestyle Macaroni & Cheese Baked Ham Green Beans Dinner Roll Marble Cake Fresh Cut Fruit and Hand Fruit	**30** **Breakfast** Scrambled Eggs Hashbrown Patty Crispy Bacon Oatmeal Scone **Lunch** Lentil Soup Pulled Pork Sandwiches Baked Beans Collard Greens Peanut Butter Cookie Fresh Cut Fruit and Hand Fruit **Dinner** Vegetable Orzo Soup Beef Stew White Rice Zucchini Garlic Sticks Lemon Bar Fresh Cut Fruit and Hand Fruit	**31** **Breakfast** Sausage Hash Scrambled Eggs Grits Assorted Pastries Cinnamon Buns Fresh Cut Fruit and Hand Fruit **Lunch** Roasted Vegetable Soup Southern Crusted Pollock Crunchy Corn Relish Sweet Potato Chips Ranger Cookie Fresh Cut Fruit and Hand Fruit **Dinner** Red Bean Soup Roasted Turkey Sauteed Mushroom and Onion Roasted Potatoes Dinner Roll Yellow Cake with Frosting and Sprinkles Fresh Cut Fruit and Hand Fruit				