

LASALLE INSTITUTE CYCLE MENU
February 2012

Station	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST OFFERED DAILY FROM 7:30 – 8:00AM Breakfast Sandwiches, Bagels , Donuts, Cinnamon Buns, Muffins, Cereal , And more		3	1	2	3
			Italian Calzone Pasta Al Fredo Chicken Patty Chili Dogs Asst. Salads or Deli Bar	Slow cooked BBQ Pork Ribs Crispy Chicken Tenders Mac & Cheese Burgers or Cheeseburgers Asst. Salads or Deli Bar	Staff Development Day No Classes
 Hamburgers, Cheeseburgers, Chicken Patty Sandwiches on Whole Wheat Buns Offered	6	7	8	9	10
	Jumbo Bronco Burger (1/3 # Burger, BBQ Ranch Sauce, Cheddar, & Onion Straws) Roasted Potato Wedges Buffalo Chicken Wrap Asst. Salads or Deli Bar	Mexican Day Roll your own Burrito(Taco Meat, Refried Beans, Rice, W/ all the toppings) Chicken Chimichanga Grilled Cheese w/ pepper jack cheese Chicken Tortilla Soup Asst. Salads or Deli Bar	Pepperoni Stromboli Buffalo Wings Baked Rigatoni w/ Meatballs Chicken Patty Asst. Salads or Deli Bar	Buffalo Chicken Tenders Open Faced Roasted Turkey Sandwich Mashed Potato w/ Gravy Bacon Cheeseburger Wrap Asst. Salads or Deli Bar	Lasagna or Cheese Pizza Penne Marinara Chicken Cordon Blue Wrap Meatball Subs Asst. Salads or Deli Bar
 Balanced Choices Meal: Steamed Veggie offered daily	13	14	15	16	17
	Chicken Patty Club w/ Lettuce & Tomato French Fries Corn Dogs Cheese steak subs Asst. Salads or Deli Bar	Beef Soft Tacos Chicken Fajita Pasta Buffalo Chicken Slider Burgers/cheeseburgers Asst. Salads or Deli Bar	Asian Day Sweet & Sour Chicken Pork Fried Rice Egg Roll Fiery Asian Chicken Wrap Asst. Salads or Deli Bar	Roast Sirloin of Beef w/ roll and Au Jus Oven Roasted Potatoes George Washington's Cheery Tree Cobbler Chicken Patty Asst. Salads or Deli Bar	Chicken Bacon Ranch or Cheese Pizza Penne Marinara Spicy Chicken Breast Sandwich Asst. Salads or Deli Bar
 FRESH SANDWICHES/SALADS OFFERED DAILY HOMEMADE SOUPS OFFERED	20	21	22	23	24
	Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
Fridays during breakfast we will be serving French Toast Sticks \$1.50 w/ syrup Add a drink for \$.50	27	28	29		
	Crispy Fried Chicken Tenders Mac & Cheese Comed Beef Rueben Panini Wrap Burgers / Cheeseburgers Asst. Salads or Deli Bar	Spicy Asian Beef Stir Fry Pork Lo-Mein Chicken Patty Crispy Chicken Wrap Asst. Salads or Deli Bar	Chicken & Cheese Quesadilla Spanish Rice Burgers / Cheeseburgers Texas Ale House Chili <i>Make it a meal in a bread boule</i> Asst. Salads or Deli Bar		

All Lunches Include: Choice of Entrée, Choice of TWO Vegetable/Fruit Side Dishes, and Choice of Milk or Small Fountain Beverage.
 Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Side Salad, Fresh Veggie Sandwich Toppings, chips , fruit cups and Fresh Fruit
 Beverage choices: low fat (2%) Choc. milk, and flavored low fat (1%) milk., lemonade, Lemon Tea, Raspberry Tea, Fruit Punch, or Unsweetened Tea