

LaSalle Institute CYCLE MENU
May 2017

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>BREAKFAST OFFERED DAILY FROM 7:05 – 7:45AM Breakfast Sandwiches, Bagels , Donuts, Cinnamon Buns, Muffins, Cereal , And more</p>	1	2	3	4	5
	<p>Chicken Tender Caesar Salad boat Country Mac and Cheese Pasta Dinner Roll Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Memphis BBQ Smoke Beef</u> Brisket sandwich French Fries Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Turkey, bacon ranch and mozz stuffed Bread</u> Sweet Buttered Corn Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Mama Mia's Homemade Meatballs</u> Garlic Breadsticks Caesar Salad Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Godfather Pizza, grilled Chicken, roasted peppers, balsamic glaze</u> Tomato Pepperoni Pasta Grab and Go specials Asst. Salads or Deli Bar</p>
	8	9	10	11	12
	<p>THE FRESH GRILLE <i>Hamburger, Cheeseburger, Roasted chicken Breast on Whole Wheat Buns Offered</i></p> <p><u>Southern Fried Chicken Tenders</u> Corn Bread muffin Mashed Potato with gravy Creamy Spinach Grab and Go specials Asst. Salads or Deli Bar</p>	<p>Pepperoni and Mozzarella <u>Burritos with side marinara</u> Sicilian Rice Buttered green bean Grab and Go specials asst. Salads or Deli Bar</p>	<p>Chicken Gyro's With Tzatziki Sauce Greek Potatoes Veg Du jour Grab and Go specials Asst. Salads or Deli Bar</p>	<p>Blackened Chicken Alfredo Garlic Bread Stick Sweet Corn Grab and Go specials Asst. Salads or Deli Bar</p>	<p>Pepperoni Pizza or Classic Cheese Pasta with tomato Cream sauce Grab and Go specials Asst. Salads</p>
	15	16	17	18	19
<p>Trattoria  Balanced Choices Meal: <i>Steamed Veggie offered daily</i></p> <p>Spicy Chicken Tender Taco's With Pineapple Salsa Southwestern Rice Pilaf Broccoli Au gratin Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Garlic Bread Sticks, with Marinara</u> <u>Pasta Carbonara</u> Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Sweet and Sour Chicken Fried Rice</u> Egg rolls Asian Stir Fry Veg Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Beef Wick Sandwich</u> Cheddar Mashed potato wit brown gravy Sauté' Broccoli in cheddar cheese sauce Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Chicken Bacon Ranch Pizza or Classic Cheese</u> Caesar Salad Grab and Go specials Asst. Salads or Deli Bar</p>	
22	23	24	25	26	
<p>Sandwich Central <i>FRESH MADE TO ORDER SANDWICHES/SALADS OFFERED DAILY</i> <i>FRESH HOMEMADE SOUPS OFFERED DAILY</i></p> <p>Cheddar Bacon fried Chicken Sandwich French Fries Sweet corn Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Ham and Cheese Calzone</u> <u>Tomato soup</u> Kettle chips Toss salad Bar Grab and Go specials</p>	<p><u>Beef Taco's</u> With all fixings Buttered White rice Southwestern Corn Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>Pasta Rockefeller</u> Sauté' clams, bacon, spinach in garlic butter sauce Garlic Breadstick Grab and Go specials Asst. Salads or Deli Bar</p>	<p>Memorial Holiday No school</p>	
29	30	31			
<p>Every day Panini of the Day. Chefs specials of the Day, in the grab and go every day.</p> <p>Memorial Day</p>	<p><u>Chicken Cordon Blu Sandwich with country gravy</u> Mashed Potatoes Buttered Corn Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u>North Carolina Pulled Pork sliders</u> Mac and cheese Pasta Creamy spinach Grab and Go specials Asst. Salads or Deli Bar</p>			

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