

**LaSalle Institute
October 2017**

| Station | Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p><u>BREAKFAST OFFERED</u> DAILY FROM 7:05 – 7:50AM <i>Breakfast Sandwiches, Bagels, Donuts, Cinnamon Buns, Muffins, Cereal, And more</i></p> | 2 Southern Fried Chicken Tenders Cheddar Corn Bread muffin Mac and Cheese Pasta Creamy Spinach Grab and Go specials Asst. Salads or Deli Bar | 3 Taco Tuesday Ground Turkey Taco's With all fixings Spanish Rice Refried Beans Grab and Go specials Asst. Salads or Deli Bar | 4 Pepperoni Pasta Bake Garlic Bread Sticks Sicilian Green Beans Grab and Go specials Asst. Salads or Deli Bar | 5 Coney Island grilled chili dogs Southwestern Pasta Alfredo Grab and Go specials Asst. Salads or Deli Bar | 6 Chicken Bacon Ranch Pizza or cheese Pizza Pasta Italia Grab and Go specials Asst. Salads or Deli Bar |
| <p>THE FRESH GRILLE <i>Hamburger, Cheeseburger, Roasted chicken Breast on Whole Wheat Buns Offered</i></p> | 9 Columbus Day | 10 Ultimate Nacho Bar w/Ground Turkey meat Sauce / all fixings Buttered white rice Grab and Go specials asst. Salads or Deli Bar | 11 Boneless Buffalo Chicken wings Garlic butter Pasta Grab and Go specials Asst. Salads or Deli Bar | 12 French Dip Roast beef Sandwich Oven Roasted Rosemary Fries Grab and Go specials Asst. Salads or Deli Bar | 13 Buffalo Chicken or classic cheese Pizza Classic Caesar Salad Chips of the day Grab and Go specials Asst. Salads or Deli Bar |
| <p>  Balanced Choices Meal: <i>Steamed Veggie offered daily</i></p> | 16 Grilled Double BBQ onion Ring Beef Burger French Fries Grab and Go specials Asst. Salads or Deli Bar | 17 Taco Tuesday Roasted Pulled Chicken With all fixings Spanish Rice Refried Beans Grab and Go specials Asst. Salads or Deli Bar | 18 Pepperoni Stromboli Side marinara sauce Kettle chips Toss salad Bar Grab and Go specials Asst. Salads or Deli Bar | 19 Buffalo Chicken Mac and Cheese Pasta Boat Garlic Bread Sticks Grab and Go specials Asst. Salads or Deli Bar | 20 Pepperoni pizza or Classic Cheese Pizza Garlic Broccoli Pasta Grab and Go specials Asst. Salads or Deli Bar |
| <p><i>Sandwich Central</i> FRESH MADE TO ORDER SANDWICHES/SALADS OFFERED DAILY FRESH HOMEMADE SOUPS OFFERED DAILY</p> | 23 BBQ Chicken, Cheddar and Bacon sandwich Mashed Potatoes w/ gravy Sweet Baby Corn Grab and Go specials Asst. Salads or Deli Bar | 24 Garlic Bread Sticks boat served with Marinara Sauce Pasta Marinara Grab and Go specials Asst. Salads or Deli Bar | 25 Chicken Low Mein Egg rolls Veggie Pot stickers Grab and Go specials Asst. Salads or Deli Bar | 26 BBQ Braised Beef Brisket on pretzel roll Southern Style Green Beans Classic Coleslaw Grab and Go specials asst. Salads or Deli Bar | 27 Godfather Pizza (grilled chicken, roasted red peppers and balsamic glaze) Pasta Marinara Grab and Go specials Asst. Salads or Deli Bar |
| <p>House Made Pulled Buffalo chicken. Chefs specials of the Day, in the grab and go every day.</p> | 30 Boneless Buffalo Chicken wings Garlic butter Pasta Grab and Go specials Asst. Salads or Deli Bar | 31 Taco Tuesday Ground Turkey Taco's With all fixings Spanish Rice Refried Beans Grab and Go specials 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