

LaSalle Institute  
September 2016

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u><b>BREAKFAST OFFERED</b></u> <u><b>DAILY FROM 7:05 –</b></u> <u><b>7:50AM</b></u> <b>Breakfast Sandwiches, Bagels</b> <b>, Donuts, Cinnamon Buns,</b> <b>Muffins, Cereal, And more</b></p>			7	8	9
					<p><b>Chicken Bacon Ranch</b> <b>Pizza or cheese Pizza</b></p> <p><b>Pasta Italia</b> Grab and Go specials Asst. Salads or Deli Bar</p>
<p><b><u>THE FRESH GRILLE</u></b> <i>Hamburger, Cheeseburger,</i> <i>Roasted chicken Breast on Whole</i> <i>Wheat Buns Offered</i></p>	12	13	14	15	16
	<p><u><b>Southern Fried Chicken</b></u> <b>Tenders</b> Cheddar Corn Bread muffin Mac and Cheese Pasta Creamy Spinach</p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Ultimate Nacho Bar</b></u> w/roasted chicken all <b>fixings</b> Buttered white rice</p> <p>Grab and Go specials asst. Salads or Deli Bar</p>	<p><u><b>Boneless Buffalo Chicken</b></u> <b>wings</b> Garlic butter Pasta Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>French Dip Roast beef</b></u> <b>Sandwich</b> Oven Roasted Rosemary Fries Grab and Go specials Asst. Salads or Deli Bar</p>	<p><b>Buffalo Chicken or</b> <b>classic cheese Pizza</b> <b>Classic Caesar Salad</b> Grab and Go specials Asst. Salads or Deli Bar</p>
<p> <b>Trattoria</b>  <b>Balanced Choices Meal:</b> <i>Steamed Veggie offered daily</i></p>	19	20	21	22	23
	<p><u><b>Grilled Double BBQ onion</b></u> <u><b>Ring Beef Burger</b></u> French Fries</p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Sweet and Sour chicken</b></u> Garlic Teriyaki Low Mein Egg rolls</p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Pepperoni Stromboli</b></u> <u><b>Side marinara sauce</b></u> Kettle chips Toss salad Bar Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Coney Island grilled chili</b></u> <b>dogs</b> Southwestern Pasta Alfredo Grab and Go specials Asst. Salads or Deli Bar</p>	<p><b>Pepperoni pizza , or</b> <b>Classic Cheese Pizza</b> <b>Garlic Broccoli Pasta</b> Grab and Go specials Asst. Salads or Deli Bar</p>
<p> <b>Sandwich Central</b> <u><b>FRESH MADE TO ORDER</b></u> <u><b>SANDWICHES/SALADS</b></u> <u><b>OFFERED DAILY</b></u>  <u><b>FRESH HOMEMADE SOUPS</b></u> <u><b>OFFERED DAILY</b></u></p>	26	27	28	29	30
	<p><u><b>BBQ Chicken, Cheddar</b></u> <u><b>and Bacon sandwich</b></u> Mashed Potatoes w/ gravy Sweet Baby Corn</p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Chicken Soft Tacos,</b></u> Spanish Rice Apple Churros</p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>Chicken Low Mein</b></u> Egg rolls <u><b>Veggie Pot stickers</b></u></p> <p>Grab and Go specials Asst. Salads or Deli Bar</p>	<p><u><b>BBQ Braised Beef Brisket</b></u> <u><b>on pretzel roll</b></u> <u><b>Southern Style Green Beans</b></u> <u><b>Classic Coleslaw</b></u> Grab and Go specials asst. Salads or Deli Bar</p>	<p><b>Taco Pizza, or Classic</b> <b>Cheese Pizza</b> <b>Pepperoni Pasta Bake</b> Grab and Go specials Asst. Salads or Deli Bar</p>
<p><b>Every day Panini of the</b> <b>Day. Chefs specials of</b> <b>the Day, in the grab and</b> <b>go every day.</b></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