

Kennedy Café Lunch

Upper Campus

October				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Meatballs Sub Roasted Redskins Caprese Salad	30 Smash Burger Special Sauce Fries Side Salad	1 Sweet & Sour Chicken Lo Mein Noodles Roasted Broccoli	2 Breakfast Bowl Hashbrowns, Scrambled Eggs Turkey Sausage Cheddar Cheese Whole Grain Biscuit	3 Pepperoni or Cheese Pizza Baked Chips Veggie Dippers W/Hummus
6 BBQ Pulled Pork Slider Glazed Carrots Coleslaw	7 Baked Potato Bar Chili Broccoli Assorted Toppings	8 Popcorn Chicken Bowl Mashed Potatoes Corn Cheese & Gravy	9 Whole Grain Pasta with Meatballs & Marinara Sauce Seasoned Green Beans	10 Pepperoni or Cheese Pizza Seasoned Fries Side Salad Fresh Fruit Milk
13 Gyros Feta, Cucumber & Tomato Salad Tzatziki Sauce	14 Chicken Fajita Quesadillas Black Bean & Corn Salsa Sour Cream	15 BYO Burger Station Variety of Toppings Baked Fries	16 Orange Chicken Broccoli Brown Rice Whole Grain Fortune Cookie	17 Closed
20 Buffalo Chicken Mac & Cheese with Soft Pretzel Rod Baby Carrots and Celery with Ranch	21 General Tso Chicken Fried Brown Rice Eggroll Steamed Broccoli	22 French Toast Turkey Sausage Hash Browns Syrup	23 Chicken Alfredo with Whole Grain Pasta Roasted Carrots	24 Pepperoni or Cheese Pizza Baked Chips Veggie Dippers W/Hummus
27 BYO Chicken Ramen Bowl Variety of Vegetables and Toppings Fresh Fruit Milk	28 Grilled Cheese Tomato Soup Green Beans Fresh Fruit Milk	29 BBQ Chicken Drumstick Baked Sweet Potato Whole Grain Biscuit Fresh Fruit Milk	30 Lasagna Roll Up Whole Grain Garlic Bread Stick Roasted Broccoli & Cauliflower Fresh Fruit Milk	31 Pepperoni or Cheese Pizza Tater Tots Sliced Cucumbers & Ranch Fresh Fruit Milk

Offered Daily BYO Burrito bowl, Fresh Grilled Items, Chicken Sandwiches, Fresh Fruit & Milk

MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including ½ cup of fruit or vegetable) to receive our meal pricing!

WE'RE HERE TO SERVE YOU!

	6 th -12 th
BREAKFAST	\$2.50 <i>in the cafeteria</i>
LUNCH	\$4.00

Questions or special requests
regarding food sensitivities?

Contact us! We're happy to
work together to support
your student!



Chef Manager: Kimberly Warne
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This institution is an equal opportunity provider