

BROOKWOOD SCHOOL
Weekly Lunch Menu
October 10-14, 2022

Weekly Menu	Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
Chef's Choice Entrée	No School - Indigenous Peoples' Day	BBQ Chicken	American Chop Suey	Steak & Cheese Subs	Brookwood Burgers & Oven Fries
Chef's Choice Vegetarian Entrée		Macaroni & Cheese	Pasta with Parmesan cheese	Stuffed Portobello Mushrooms	Veggie Burgers
Vegetable		Peas & Corn	Sautéed Spinach	Roasted Brussel Sprouts	Mashed Butternut Squash
Sandwich		Tuna Sliders	Egg Salad	Italian Subs	Turkey Sliders
Dessert		Rice Krispy Treats	Grapes	Chocolate Chip Cookies	Fruit Salad

Notes:

- Salad bar available daily includes:
 - Lettuce, variety of fresh, seasonal vegetables, chicken breast, toppings, carrot & celery sticks.
 - Sunbutter & jelly sandwich on wheat bread available daily upon request
- 1% milk available daily
- All soups are gluten-free.
- Gluten-free bread and menu items available daily
- All meals are cooked from scratch daily using fresh, natural ingredients.