**GOURMET EXPRESS (404)371-4566**

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|  |  | WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 |
|  |  | Breakfast  Blueberry Muffins  Whole Plums  100% Fruit Juice  Lunch  Mango BBQ Beef Meatballs  (VEG) Sautéed BBQ Vegetables  Brown Rice  Mixed Vegetables  Fruit Cocktail  Milk | Breakfast  Granola Bars  Apple Sauce  String Cheese  Lunch  Teriyaki Chicken W/ Asian Noodles  (VEG) Vegetable Teriyaki Noodles Whole Wheat Noodles  Green Beans  Pineapple Tidbits  Milk | Breakfast  Wheat Cheerios Cereal  Banana  100% Fruit Juice  Lunch  Grilled Chicken Salad Sandwich  **(VEG)** Grilled Veggie Sandwich  Whole Wheat Bread  Baby Carrots  Diced Pears  Milk |
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| MONDAY 6 | TUESDAY 7 | WEDNESDAY 8 | THURSDAY 9 | FRIDAY 10 |
| Breakfast  Nutri-Grain Bars  Diced Peaches  100% Fruit Juice | Breakfast  Chex Rice Cereal  Fresh Watermelon | Breakfast  Cinnamon Pastry Rolls  Apple Sauce  100% Fruit Juice | Breakfast  Special K Pastry Crisps  Whole Plum  100% Fruit Juice | Breakfast  Special K Pastry Crisps  Whole Apples |
| Lunch  Beef Hamburgers  (VEG) Garden Burgers  Whole Wheat Bun  Three Bean Vegetables  Apple Sauce  Milk | Lunch  Creamy Chicken Alfredo Pasta  (VEG) Creamy Veggie Alfredo Pasta  Whole Wheat Pasta  Vegetable Medley  Mandarins  Milk | Lunch  Tex Mex Turkey Soft Taco  (VEG) Bean & Cheese Burrito  Wheat Tortillas  Lettuce & Cheese  Steamed Corn  Pineapple Tidbits  Milk | Lunch  Coconut Curried Chicken  (VEG) Coconut Curried Veggies  Yellow Rice  Pinto Beans  Oranges Wedges  Milk | Lunch  (CL) Turkey & Cheese Sandwich  (VEG) Roasted Veg Wrap  Whole Wheat Bread  Grape Tomatoes  Diced Peaches  Milk |
| MONDAY 13 | TUESDAY 14 | WEDNESDAY 15 | THURSDAY 16 | FRIDAY 17 |
| Breakfast  Whole Wheat Chex Mix  Apple Sauce  100% Fruit Juice | Breakfast  Raisin Bran Cereal  Banana | Breakfast  Mini Bagel/Cream Cheese or Jelly  Diced Peaches  100% Fruit Juice | Breakfast  Granola Bars  Low Fat Yogurt | Breakfast  Mini Choco Pull Apart Rolls  Apple Slices  100% Fruit Juice |
| Lunch  Santa Fe Chicken Pasta Salad  (VEG) Santa Fe Veggie Pasta Salad  Whole Wheat Pasta  Celery Sticks  Fruit Cocktail  Milk | Lunch  Beefy Mack (w/wheat noodles)  (VEG) Veggie Mac  Garden Salad W/ Dressing  Diced Pears  Milk | Lunch  Garlic & Herb Chicken Legs  (VEG) Roasted Eggplant Parmesan  Brown Rice Pilaf W/ Peppers  California Blend  Pineapple Tidbits  Milk | Lunch  Rotini Pasta w/ Beef Meatballs  (VEG) Rotini Veggie Pasta  Whole Wheat Pasta  Green Peas  Fruit Cocktail  Milk | Lunch  Cajun Chicken Salad Wrap  (VEG) Cajun Veggie Wrap  Whole Wheat Tortilla  Baby Carrots  Diced Peaches  Milk |

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| MONDAY 20 | TUESDAY 21 | WEDNESDAY 22 | THURSDAY 23 | FRIDAY 24 |
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| **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** |
| MONDAY 27 | TUESDAY 28 | WEDNESDAY 29 | THURSDAY 30 | FRIDAY 31 |
|  |  |  |  | **CHRISTMAS**  **BREAK** |
| **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** | **CHRISTMAS**  **BREAK** |

MENU NOTIFICATIONS

(VEG) – Vegetarian options (CL) – Cold Lunch options (W/W) – Whole wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served

Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.