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

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|  |  | WEDNESDAY 1 | THURSDAY 2 | FRIDAY 3 |
|  |  | BreakfastBlueberry Muffins Whole Plums 100% Fruit Juice LunchMango BBQ Beef Meatballs(VEG) Sautéed BBQ VegetablesBrown RiceMixed VegetablesFruit CocktailMilk | BreakfastGranola BarsApple Sauce String CheeseLunchTeriyaki Chicken W/ Asian Noodles(VEG) Vegetable Teriyaki Noodles Whole Wheat NoodlesGreen BeansPineapple TidbitsMilk | BreakfastWheat Cheerios Cereal Banana100% Fruit JuiceLunchGrilled Chicken Salad Sandwich**(VEG)** Grilled Veggie SandwichWhole Wheat BreadBaby CarrotsDiced Pears Milk  |
|  |  |  |
| MONDAY 6 | TUESDAY 7 | WEDNESDAY 8 | THURSDAY 9 | FRIDAY 10 |
| BreakfastNutri-Grain BarsDiced Peaches100% Fruit Juice | Breakfast Chex Rice Cereal Fresh Watermelon | BreakfastCinnamon Pastry RollsApple Sauce100% Fruit Juice | Breakfast Special K Pastry Crisps Whole Plum100% Fruit Juice | Breakfast Special K Pastry Crisps Whole Apples |
| LunchBeef Hamburgers(VEG) Garden BurgersWhole Wheat BunThree Bean Vegetables Apple Sauce Milk | LunchCreamy Chicken Alfredo Pasta (VEG) Creamy Veggie Alfredo Pasta Whole Wheat PastaVegetable Medley MandarinsMilk | LunchTex Mex Turkey Soft Taco(VEG) Bean & Cheese BurritoWheat TortillasLettuce & CheeseSteamed Corn Pineapple TidbitsMilk | LunchCoconut Curried Chicken(VEG) Coconut Curried Veggies Yellow RicePinto Beans Oranges WedgesMilk | Lunch(CL) Turkey & Cheese Sandwich(VEG) Roasted Veg WrapWhole Wheat BreadGrape TomatoesDiced PeachesMilk |
| MONDAY 13 | TUESDAY 14 | WEDNESDAY 15 | THURSDAY 16 | FRIDAY 17 |
| Breakfast Whole Wheat Chex MixApple Sauce 100% Fruit Juice | BreakfastRaisin Bran Cereal Banana | Breakfast Mini Bagel/Cream Cheese or JellyDiced Peaches100% Fruit Juice  | BreakfastGranola BarsLow Fat Yogurt | Breakfast Mini Choco Pull Apart Rolls Apple Slices 100% Fruit Juice |
| LunchSanta Fe Chicken Pasta Salad (VEG) Santa Fe Veggie Pasta SaladWhole Wheat PastaCelery SticksFruit CocktailMilk | LunchBeefy Mack (w/wheat noodles)(VEG) Veggie Mac Garden Salad W/ Dressing Diced PearsMilk | LunchGarlic & Herb Chicken Legs (VEG) Roasted Eggplant ParmesanBrown Rice Pilaf W/ Peppers California BlendPineapple Tidbits Milk  | LunchRotini Pasta w/ Beef Meatballs(VEG) Rotini Veggie PastaWhole Wheat Pasta Green Peas Fruit CocktailMilk | LunchCajun Chicken Salad Wrap(VEG) Cajun Veggie WrapWhole Wheat TortillaBaby CarrotsDiced Peaches Milk  |

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| MONDAY 20 | TUESDAY 21 | WEDNESDAY 22 | THURSDAY 23 | FRIDAY 24 |
|  |  |  |   |  |
| **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.