

THE MARKET MENU

November 2023

Ross Park
Lunch

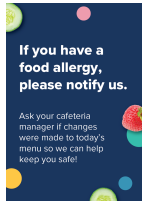
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

1

- Main Entrees
 - Mashed Potato & Chicken Bowl
- Alternate Entrees
 - Hummus, Veggies & Corn Chips
- Fruit & Vegetable Bar
 - Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

2

- Main Entrees
 - Whole Grain French Toast Sticks
 - Scrambled Eggs
 - Sweet Potato Fries
- Alternate Entrees
 - Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
 - Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

3

- Main Entrees
 - Personal Galaxy Cheese Pizza
 - Corn
- Alternate Entrees
 - Apple Cinnamon Parfait with Granola
- Fruit & Vegetable Bar
 - Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

6

- Main Entrees
 - Chicken Alfredo Sauce
 - Rotini
 - Seasoned Broccoli Florets
 - Rotini Pasta
- Alternate Entrees
 - Ham & Turkey Chef Salad
 - Bunny Graham Friends
- Fruit & Vegetable Bar
 - Fresh Carrot Sticks
 - Fresh Broccoli Florets
 - Sliced Fresh Strawberries
 - Pineapple Cubes
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

7

- Main Entrees
 - Pork Nachos
 - Refried Vegetarian Beans
- Alternate Entrees
 - Cereal, Goldfish & Yogurt Fun Lunch
- Fruit & Vegetable Bar
 - Fresh Cauliflower Florets
 - Spring Mix Salad
 - Fresh Banana
 - Blueberries
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

8

- Main Entrees
 - Mini Maple Pancake Wraps
 - Glazed Sweet Potatoes
 - Apple Crisp
- Alternate Entrees
 - Build Your Own Pizza Fun Lunch
- Fruit & Vegetable Bar
 - Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

9

- Main Entrees
 - Teriyaki Chicken
 - Brown Rice
 - Sliced Carrots
- Alternate Entrees
 - Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
 - Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

10

- Main Entrees
 - Classic Pepperoni Pizza
 - Seasoned Corn
- Alternate Entrees
 - Berry Parfait with Granola
- Fruit & Vegetable Bar
 - Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

13

- Main Entrees
 - American & Mozzarella Grilled Cheese Sandwich
 - Baked Beans
- Alternate Entrees
 - Ham & Turkey Chef Salad
 - Bunny Graham Friends
- Fruit & Vegetable Bar
 - Fresh Carrot Sticks
 - Fresh Broccoli Florets
 - Sliced Fresh Strawberries
 - Pineapple Cubes
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

14

- Main Entrees
 - Cheese Stuffed Breadsticks
 - Marinara Sauce
 - Cinnamon Glazed Carrots
- Alternate Entrees
 - Cereal, Goldfish & Yogurt Fun Lunch
- Fruit & Vegetable Bar
 - Fresh Cauliflower Florets
 - Spring Mix Salad
 - Fresh Banana
 - Blueberries
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

15

- Main Entrees
 - Buttermilk Pancakes
 - Turkey Sausage Link
 - Tater Tots
- Alternate Entrees
 - Hummus, Veggies & Corn Chips
- Fruit & Vegetable Bar
 - Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

16

- Main Entrees
 - Whole Grain Cheese Tortellini with Italian Meat Sauce
 - Seasoned Zucchini
- Alternate Entrees
 - Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
 - Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

17

- Main Entrees
 - Pepperoni Flatbread
 - Seasoned Mixed Vegetables
- Alternate Entrees
 - Apple Cinnamon Parfait with Granola
- Fruit & Vegetable Bar
 - Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala
- Milk & Condiments
 - Chocolate Low Fat Milk
 - 1% Low-fat Milk

20

Main Entrees

- **Mini Turkey Corn Dogs**
- Red Skin Roasted Potatoes

Alternate Entrees

- **Ham & Turkey Chef Salad**
- Bunny Graham Friends

Fruit & Vegetable Bar

- Fresh Carrot Sticks
- Fresh Broccoli Florets
- Sliced Fresh Strawberries
- Pineapple Cubes

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

21

Main Entrees

- **Smoked Deli Turkey**
- Mashed Potatoes
- Bread Stuffing

Alternate Entrees

- **Cereal, Goldfish & Yogurt Fun Lunch**

Fruit & Vegetable Bar

- Fresh Cauliflower Florets
- Spring Mix Salad
- Fresh Banana
- Blueberries

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

22

Thanksgiving Break-No Lunch

23

Thanksgiving Break-No Lunch

24

Thanksgiving Break-No Lunch

27

Main Entrees

- **Sloppy Joe Meat**
- Baked Tortilla Scoops
- Cinnamon Roasted Sweet Potato

Alternate Entrees

- **Ham & Turkey Chef Salad**
- Bunny Graham Friends

Fruit & Vegetable Bar

- Fresh Carrot Sticks
- Fresh Broccoli Florets
- Sliced Fresh Strawberries
- Pineapple Cubes

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

28

Main Entrees

- **Macaroni and Cheese**
- BBQ Chicken
- Seasoned Mixed Capri Vegetables

Alternate Entrees

- **Cereal, Goldfish & Yogurt Fun Lunch**

Fruit & Vegetable Bar

- Fresh Cauliflower Florets
- Spring Mix Salad
- Fresh Banana
- Blueberries

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

29

Main Entrees

- **Whole Grain Waffles**
- Chicken Tenders
- Tater Tots

Alternate Entrees

- **Hummus, Veggies & Corn Chips**

Fruit & Vegetable Bar

- Fresh Broccoli Florets
- Red Bell Pepper Strips
- Fresh Golden Delicious Apple
- Fresh Raspberries

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

30

Main Entrees

- **Hot Turkey & Cheese Sliders**
- Baked Beans

Alternate Entrees

- **Muffin, Pretzel, & Yogurt Fun Lunch**

Fruit & Vegetable Bar

- Shredded Romaine Lettuce
- Fresh Cherry Tomatoes
- Fresh Red and Green Seedless Grapes
- Chilled Peaches

Milk & Condiments

- Chocolate Low Fat Milk
- 1% Low-fat Milk

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