# BE EAST CAFÉ

March – June 2020

## Breakfast

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Cinni Pull-Apart</td>
<td>Breakfast Pizza</td>
<td>Egggo Maple Pancake</td>
<td>Breakfast Bagel Sandwich</td>
<td>Pancake Wrap w/ String Cheese</td>
</tr>
<tr>
<td>40g</td>
<td>31g</td>
<td>35g</td>
<td>33g</td>
<td>18g 1g</td>
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</tbody>
</table>

**Daily Breakfast Offerings:**
- Cereal, Muffins, Breads, Donuts
- Cinnamon Roll
- Breakfast Includes: Entrée, Fresh Fruit, 100% Juice and 1% Milk

**Monday**
- **Grab a Stack**
  - Mozzarella Sticks w. Marinara
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Strawberry Cup
  - Cole Slaw, Corn

**Tuesday**
- **Grab a Stack**
  - Chicken Salad
  - Spicy Chicken Sandwich
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Strawberry Cup
  - Sidekick, Mixed Green Salad, Tater Tots

**Wednesday**
- **Grab a Stack**
  - Chicken Tenders
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Sidekick, Mixed Green Salad, Tater Tots

**Thursday**
- **Grab a Stack**
  - Chicken Salad
  - Spicy Chicken Sandwich
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Veggies w/ Hummus
  - Fresh Fruit, Applesauce, Sweet Potato Fries

**Friday**
- **Grab a Stack**
  - Hamburger/Cheeseburger
  - Chef’s Choice:

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Grapes, Mixed Green Salads, Tater Tots or Onion Rings

### International Cuisine

<table>
<thead>
<tr>
<th>Weekly Entrees Include:</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>Week 1: Chicken, Mashed Potatoes, Corn Biscuit, Cole Slaw, Fresh Fruit</td>
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<tr>
<td>Week 2: Dutch Waffle w. Chicken Corn, Red Skins, Fresh Fruit</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>Chef’s Choice of Asian Cuisine Rice, Broccoli, Edamame, Pineapple</td>
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<tr>
<td><strong>Wednesday</strong></td>
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<tr>
<td>Italian Cuisine w/ Garlic Bread Green Beans and Sidekick</td>
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<tr>
<td><strong>Thursday</strong></td>
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<tr>
<td>Nachos w/ Meat and Cheese Quesadilla</td>
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<tr>
<td>Refried Beans/Mexican Rice, Applesauce</td>
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<td><strong>Friday</strong></td>
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<tr>
<td><em>Pizza</em></td>
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<tr>
<td>Fresh Veggies w. Hummus/Salad, Grapes</td>
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</tbody>
</table>

## Lunch Meals Include:
- Choice of Fruits, Vegetables and 1% Milk

**Monday**
- **Grab a Stack**
  - Mozzarella Sticks w. Marinara
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Strawberry Cup
  - Cole Slaw, Corn

**Tuesday**
- **Grab a Stack**
  - Chicken Salad
  - Spicy Chicken Sandwich
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Strawberry Cup
  - Sidekick, Mixed Green Salad, Tater Tots

**Wednesday**
- **Grab a Stack**
  - Chicken Tenders
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Fresh Fruit, Applesauce, Sidekick, Mixed Green Salad, Tater Tots

**Thursday**
- **Grab a Stack**
  - Chicken Salad
  - Spicy Chicken Sandwich
  - Hamburger/Cheeseburger

- **Salad Line**
  - Chicken Salad
  - Chicken Tender Wrap
  - Bosco Sticks w/ Marinara

- **Included w. All Entrées**
  - Veggies w/ Hummus
  - Fresh Fruit, Applesauce, Sweet Potato Fries

**Please email: myers-trentc@slcs.us for any ingredient information.**

*The USDA & Michigan are equal opportunity employers*

*May contain pork.*