

HANDCUT FOODS

FALL 2020 CONTACTLESS MENU WOODLANDS ACADEMY OF THE SACRED HEART

	BREAKFAST	VEGETARIAN BREAKFAST	LUNCH	VEGETARIAN LUNCH	DINNER	VEGETARIAN DINNER
MON	Cheddar Bacon Quiche + Breakfast Potatoes + Fruit Salad	Spinach & Swiss Quiche + Breakfast Potatoes + Fruit Salad	Chicken Tinga & Cheese Quesadilla + Pico de Gallo + Blueberry Cornmeal Cake	Cheese & Bean Quesadilla + Pico de Gallo + Blueberry Cornmeal Cake	Chicken Parmesan + Sauteed Capellini + Roasted Broccoli + Blondie Bar	Eggplant Parmesan + Sauteed Capellini + Roasted Broccoli + Blondie Bar
TUES	Chocolate Banana Crepes + Turkey Sausage + Orange Slices	Chocolate Banana Crepes + Vegan Sausage + Orange Slices	Baked Mac & Cheese with Crispy Bacon + Fresh Green Peas + Gourmet Brownie	Baked Mac & Cheese with Crispy Tofu + Fresh Green Peas + Gourmet Brownie	Carne Asada Burrito Bowl + Steamed Rice & Sauteed Peppers + Assorted Salsas + Tres Leches Cake	Black Bean Burrito Bowl + Steamed Rice & Sauteed Peppers + Assorted Salsas + Tres Leches Cake
WED	Buttermilk Pancakes + Turkey Bacon + Mixed Berries	Buttermilk Pancakes + Mixed Berries	Teriyaki Beef & Rice Bowl + Steamed Edamame + Seasonal Fruit Jam Bar	Teriyaki Tofu & Rice Bowl + Steamed Edamame + Seasonal Fruit Jam Bar	Garlic & Herb Chicken Breast + Smashed Red Potatoes + Green Beans + Devil's Food Cake	White Bean & Veg Stuffed Peppers + Smashed Red Potatoes + Green Beans + Devil's Food Cake
THURS	Scrambled Eggs + Bacon + Sweet Potato Hash + Grapes	Scrambled Eggs + Vegan Sausage + Sweet Potato Hash + Grapes	Panko Chicken Tenders + Penne Pasta + Roasted Carrots + Granola Bar	Panko Tofu Tenders + Penne Pasta + Roasted Carrots + Granola Bar	Spaghetti & Beef Meatballs + Garlic Bread + Rice Krispy Treat	Spaghetti & Lentil Meatballs + Garlic Bread + Rice Krispy Treat
FRI	Avocado Toast + Hard Boiled Egg + Pico de Gallo + Cantaloupe	Avocado Toast + Hard Boiled Egg + Pico de Gallo + Cantaloupe	Beef Burger on Classic Bun + Roasted Potatoes + Crudités & Ranch + Chocolate Zucchini Cake	Veggie Burger on Classic Bun + Roasted Potatoes + Crudités & Ranch + Chocolate Zucchini Cake	Chicken Shawarma + Tabbouleh + Roasted Zucchini + Upside Down Pineapple Cake	Green Falafel + Tabbouleh + Roasted Zucchini + Upside Down Pineapple Cake
SAT	Egg White, Sausage & Cheddar on English Muffin + Hash Browns + Sliced Melon	Egg White & Sauteed Pepper on English Muffin + Hash Browns + Sliced Melon	Pesto Turkey Panini + Pasta Salad + Vanilla Cake	Caprese Panini + Pasta Salad + Vanilla Cake	Smoked Brisket + Baked Mac & Cheese + Brussels Sprouts + Seasonal Cobbler	Smoked Tofu + Baked Mac & Cheese + Brussels Sprouts + Seasonal Cobbler
SUN	Egg & Sausage Breakfast Tacos + Picco. de Gallo + Melon Salad	Egg & Vegan Sausage Breakfast Tacos + Picco. de Gallo + Melon Salad	Grilled Chicken Sandwich + Potato Chips + Chocolate Chip Cookie	Grilled Veggie Sandwich + Potato Chips + Chocolate Chip Cookie	Beef Meatloaf + Mashed Potatoes + Roasted Corn + Cherry Pie	Lentil Meatloaf + Mashed Potatoes + Roasted Corn + Cherry Pie

Week 1

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	BREAKFAST	VEGETARIAN BREAKFAST	LUNCH	VEGETARIAN LUNCH	DINNER	VEGETARIAN DINNER
MON	Stuffed Brioche French Toast + Pork Sausage + Strawberries	Stuffed Brioche French Toast + Vegan Sausage + Strawberries	Turkey Tacos + Roasted Zucchini + Chocolate Chip Banana Bread	Soy Crumble Tacos + Roasted Zucchini + Chocolate Chip Banana Bread	Carnitas Enchiladas + Ancho Chayote Squash + Refried Beans + Strawberry Shortcake	Bean & Cheese Enchiladas + Ancho Chayote Squash + Refried Beans + Strawberry Shortcake
TUES	Cornmeal Pancakes + Turkey Sausage + Blueberries	Cornmeal Pancakes + Soy Sausage + Blueberries	Smoked Pulled Pork Sandwich + Roasted Corn + Cheesecake Brownie	BBQ Jackfruit Sandwich + Roasted Corn + Cheesecake Brownie	Mongolian Beef + Jasmine Rice + Broccoli + Seasonal Jam Bar	Mongolian Tofu + Jasmine Rice + Broccoli + Seasonal Jam Bar
WED	Scrambled Egg Chilaquiles + Chorizo + Honeydew Melon	Scrambled Egg Chilaquiles + Salsa Verde + Honeydew Melon	Sweet & Sour Chicken + Jasmine Rice + Broccoli + Carrot Cake Bar	Sweet & Sour Tofu + Jasmine Rice + Broccoli + Carrot Cake Bar	Beef Lasagna + Roasted Green Beans + Flourless Chocolate Cake	Spinach & Ricotta Lasagna + Roasted Green Beans + Flourless Chocolate Cake
THURS	Smashed Sweet Potato Toast + Candied Bacon + Shredded Kale + Grapes	Scrambled Eggs + Vegan Sausage + Sweet Potato Hash + Grapes	Beef Ragu w/ Cavatappi Pasta + Garlic Bread + Green Beans + Lemon Bar	Veggie Ragu w/ Cavatappi Pasta + Garlic Bread + Green Beans + Lemon Bar	Herb Roasted Turkey Breast + Classic Stuffing + Roasted Carrots + Tapioca Pudding	Lentil & Shallot Stuffed Tomatoes + Classic Stuffing + Roasted Carrots + Tapioca Pudding
FRI	Biscuits & Gravy + Pork Sausage + Fruit Salad	Biscuits & Gravy + Soy Sausage + Fruit Salad	Pepperoni Pizza + Crudites w/ Ranch + Buttermilk Pound Cake	Cheese Pizza + Crudites w/ Ranch + Buttermilk Pound Cake	Jerk Chicken + Vegetable Medley + Dirty Rice + Ice Cream Cup	Jerk Tofu Kebabs + Vegetable Medley + Dirty Rice + Ice Cream Cup
SAT	Fajita Chicken & Egg Bowl + Breakfast Potatoes + Melon Salad	Fajita Bean & Egg Bowl + Breakfast Potatoes + Melon Salad	BLT Club Sandwich + Broccoli Salad + Oatmeal Raisin Cookie	Soy Bacon Club Sandwich + Broccoli Salad + Oatmeal Raisin Cookie	Cilantro Lime Skirt Steak + Grilled Veggies + Pinto Beans + Caramel Brownie	Stuffed Poblano Pepper w/ Mole + Grilled Veggies + Pinto Beans + Caramel Brownie
SUN	Spinach & Feta Omelette + Hash Browns + Seared Ham + Fruit Salad	Spinach & Feta Omelette + Hash Browns + Seared Ham + Fruit Salad	Tuna Melt Sandwich + Coleslaw + Blueberry Muffin	Veggie Melt Sandwich + Coleslaw + Blueberry Muffin	Swedish Meatballs + Egg Noodles + Peas & Carrots + Dutch Apple Pie	Lentil Swedish Meatballs + Egg Noodles + Peas & Carrots + Dutch Apple Pie

Week 2