

CRLS PASTA BAR MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna Macaroni Salad, Chopped Salad	Cheesy Chicken Fajita Pasta Mexican Street Corn, Black Bean Salad	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Coleslaw, Picked Cucumbers	Chicken Broccoli Alfredo Ethiopian Tomato Salad, Azifa (Ethiopian Lentil Salad)	American Chop Suey Potato Salad, Caesar Salad
Ravioli Three Bean Salad, Spinach & Cranberry Salad	Meatball Parmesan Black Bean & Corn Salsa and Coleslaw	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Broccoli & Carrot Slaw, Pickled Cucumber Salad	Steak & Cheese Pasta Teriyaki Noodle Salad and Edamame Salad	Three Cheese Pasta Bake Potato Salad, Caesar Salad
Roasted Butternut Squash Pasta Pasta Salad, Chopped Salad	Creamy Cajun Chicken Pasta Mexican Street Corn, Black Bean Salad	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Coleslaw, Picked Cucumbers	Chicken & Tomato Pesto Pasta Moroccan CousCous and Moroccan Carrot & Chickpea Salad	Chicken Caccitore Potato Salad, Pasta Sald
Pasta Parmesan with Veggies Quinoa Salad, Spinach & Cranberry Salad	Meatball Parmesan Black Bean & Corn Salsa and Coleslaw	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Broccoli & Carrot Slaw, Pickled Cucumber Salad	Chicken and Vegetable LoMein Curry Chickpea Salad, Garden Salad	Buffalo Chicken Pasta Potato Salad, Caesar Salad
Lasagna Macaroni Salad, Chopped Salad	Chicken & Broccoli in Garlic Sauce Mexican Street Corn, Black Bean Salad	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Coleslaw, Picked Cucumbers	Steak & Cheese Pasta Greek Tomato & Cucumber Salad, Greek Salad	American Chop Suey Potato Salad, Caesar Salad
Ravioli Macaroni Salad, Chopped Salad	Cheesy Chicken Fajita Pasta Mexican Street Corn, Black Bean Salad	Pasta Bar: Meat Sauce, Marinara or Buffalo Chicken Coleslaw, Picked Cucumbers	Chicken Broccoli Alfredo Curry Chickpea Salad, Garden Salad	Meatball Parmesan Potato Salad, Caesar Salad

FREE MEALS

Meals are at no cost for all students as long as they select a **'complete meal'**.

This means: A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

DAILY SELECTIONS

Salad & Soup Bar

Build your own salad
Daily rotating selection of soups

Deli Station

Made to order deli sandwiches

Bistro Station

Rotating selection of hot sandwiches

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
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3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30	28	29	30	31			
FEBRUARY							MARCH							APRIL							MAY							JUNE						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
				1	2	3						1	2		1	2	3	4	5	6				1	2	3	4							1
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
25	26	27	28	29			24/31	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23/30	24	25	26	27	28	29