

# SHADY SIDE

## ACADEMY

Senior School  
WEEK 3 (OCTOBER 19– OCTOBER 25)

Gluten free options are available daily.  
\* denotes an upcharge for that item.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	Bacon Egg & Cheese Muffin Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Waffles Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Chicken Egg & Cheese Biscuit Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Breakfast Burritos Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Cheesy Scrambled Eggs Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits		
A Little Extra	Boneless Wings or Cranberry Apple Chicken Salad (scoop, croissant, wrap)	Boneless Wings or Cranberry Apple Chicken Salad (scoop, croissant, wrap)	Boneless Wings or Cranberry Apple Chicken Salad (scoop, croissant, wrap)	Boneless Wings or Cranberry Apple Chicken Salad (scoop, croissant, wrap)	Boneless Wings or Cranberry Apple Chicken Salad (scoop, croissant, wrap)	Brunch Burger Buttermilk Pancakes Shredded Hash Browns Sausage	V's Bread Pudding Scrambled Eggs Seasoned Home Fries Crispy Bacon
Comfort Combo		Potato Soup & Broccoli Cheddar Panini		Vegetable Barley & Muffuletta Sandwich		Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar
Deli Sandwich	Turkey Swiss on Wheat Bread	Turkey Swiss on Wheat Bread	Turkey Swiss on Wheat Bread	Turkey Swiss on Wheat Bread	Turkey Swiss on Wheat Bread		
Main Plate	Egg Roll in a Bowl or Honey Mustard Chicken Sandwich BBQ Lays Apple w/ Wow Butter	Thai Chicken Bowl or Roast "Beef" Jalapeno Popper Wrap Cheddar Baked Ruffles Celery w/ Ranch	Barbacoa Beef Bowl or Basil Tomato Grilled Cheese Pasta Salad Fruit Salad	Caprese Chicken Bowl or Lentil Sloppy Joes Mac & Cheese Bites Tossed Salad	Garlic Shrimp Millet Bowl or Cheese Calzones Sour Cream & Onion Chips Tomato Mozzarella Salad		
Evening Main Plate	Seafood Bisque or Pimento Grilled Cheese  Cavatappi Vegetable Medley	Spinach Dip Chicken or Eggplant Parm Stacks  Smashed Fried Yukon Potatoes Vegetable Medley	Fish Po Boy or Fried Creole Mushrooms  Hush Puppies Vegetable Medley	Stuffed Pasta Night	Kielbasa Sandwich or Pierogi  Sauerkraut Fresh Vegetable	Chef's Choice	Wing Night

Cindy Wise, General Manager — (412)-968-3111  
Tiffany Woods, Chef Manager — (412)-968-3112  
metz@shadysideacademy.org