

SHADY SIDE

ACADEMY

Senior School
WEEK 4 (OCTOBER 26– NOVEMBER 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Breakers	French Toast Sticks Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Egg & Cheese Muffin Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Sausage & Cheese Scrambled Eggs Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Steak Egg & Cheese Bagel Breakfast Meat Breakfast Potato Assorted Breads Assorted Cold Cereal Assorted Fruits	Chef's Choice 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)	Sausage Breakfast Pizza Strawberry & Cream Crepe	French Toast Bake Scrambled Eggs
Comfort Combos		Chicken Noodle Soup & Artichoke & Spinach Baguette		BBQ Black Bean Soup & Pulled Pork Ciabatta		Potato Pancakes Kielbasa	Shredded Hash Browns Maple Pepper Bacon
Deli Sandwich	Italian Stallion Sub	Italian Stallion Sub	Italian Stallion Sub	Italian Stallion Sub	Italian Stallion Sub	Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar	Assorted Breads Fresh Baked Treats Assorted Cold Cereals Fruit & Yogurt Bar
Main Plate	Crispy Salmon Farro Bowl or Buffalo Chicken Sandwich Tortilla Chips Celery w/ Ranch	Honey Butter Garlic "Chick'n" Bowl or Turkey Cobb Wrap Baked BBQ Lays Apples w/ Caramel	Chicken Fajita Bowl or Breakfast Burger Flaming Hot Munchies Fruit Salad	Vegan Sushi Bowl or Cheesy Chicken Sub Sun Chips Tossed Salad	Thai Chickpea Salad or Chicken Bacon Club Steak Fries Cole Slaw		
Evening Main Plate	Beef Stroganoff or Stuffed Zucchini Dinner Rolls Vegetable Medley	Chicken Marsala or White Vegetable Lasagna Roasted Redskins Vegetable Medley	Beef Bahn Mi or Vegetable Fries Rice Egg Rolls Vegetable Medley	Turkish Kabob Night	Chicken Parmesan or Blush Pasta Bake Breadsticks Fresh Vegetable	Happy Halloween 🎃 Spicy Graveyard Casserole or Spooky Calzones Zombie Fingers (zucchini fries) Fresh Vegetable	Oktoberfest

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