

# 2018 Resica Falls Menu

Weeks 1, 3, 5, and 7

| SUNDAY                                                                                             | MONDAY                                                                                                                                                                | TUESDAY                                                                                                                                         | WEDNESDAY                                                                                                                                                         | THURSDAY                                                                                                                                                                | FRIDAY                                                                                                                                                                   | SATURDAY                   |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| <b>Breakfast</b><br>Closed                                                                         | <b>Breakfast</b><br>Pancakes<br>Sausage Links                                                                                                                         | <b>Breakfast</b><br>Scrambled Eggs<br>Sausage Patty<br>Hash Brown                                                                               | <b>Breakfast</b><br>Waffles<br>Pork Roll                                                                                                                          | <b>Breakfast</b><br>French Toast<br>Bacon                                                                                                                               | <b>Breakfast</b><br>Scrambled Eggs<br>Sausage Link                                                                                                                       | <b>Breakfast</b><br>Bagels |
| <b>Lunch</b><br>Closed                                                                             | <b>Lunch</b><br>Hamburgers<br>Corn on the Cob<br>Potato Chips<br>Sliced Watermelon<br><b>Specialty Station</b><br>Wing Bar<br><b>Salad of the Day</b><br>Chef's Salad | <b>Lunch</b><br>Chicken Fingers<br>Potato Wedges<br>Churro<br><b>Specialty Station</b><br>Nacho Bar<br><b>Salad of the Day</b><br>Chopped Salad | <b>Lunch</b><br>Pizza<br>Tater Tots<br>Steamed Carrots<br>Assorted Fruit Ices<br><b>Specialty Station</b><br>Pasta Bar<br><b>Salad of the Day</b><br>Caesar Salad | <b>Lunch</b><br>Pulled Pork<br>Herbed Noodles<br>Mixed Veggies<br>Cookies<br><b>Specialty Station</b><br>Baked Potato Bar<br><b>Salad of the Day</b><br>Buffalo Chicken | <b>Lunch</b><br>Cold Cut Hoagies<br>Chips<br>Steamed Broccoli<br>Assorted Italian Ices<br><b>Specialty Station</b><br>Asian Bar<br><b>Salad of the Day</b><br>Taco Salad | <b>Lunch</b><br>Closed     |
| <b>Dinner</b><br>Roasted Turkey<br>Mashed Potatoes<br>Stuffing<br>Steamed Carrots<br>Apple Cobbler | <b>Dinner</b><br>BBQ Chicken<br>Mac & Cheese<br>Summer Squash<br>Brownie                                                                                              | <b>Dinner</b><br>Spaghetti<br>Meatballs<br>Roasted Broccoli<br>Breadsticks<br>Ice Cream Sandwich                                                | <b>Dinner</b><br>Meatloaf<br>Mashed Potatoes<br>Steamed Green Beans<br>Yellow Cake                                                                                | <b>Dinner</b><br>Chicken Parmesan<br>Rigatoni<br>Roasted Cauliflower<br>Ice Cream Cup                                                                                   | <b>Dinner</b><br>Roast Beef<br>Herbed Potatoes<br>Steamed Snap Peas<br>Chocolate Cake                                                                                    | <b>Dinner</b><br>Closed    |

## Additional Daily Menu Offerings

- Breakfast Cereals
- Low Fat Yogurt and Cottage Cheese
- Deluxe Salad Bar with House Made Dressings
- Seasonal Fresh Fruit
- Peanut Butter and Jelly Sandwiches
- Dinner Rolls

## Daily Beverage Options

- 100% Orange Juice
- 100% Apple Juice
- Low Fat Chocolate Milk, 2% Milk, Whole Milk
- Soy Milk
- Coffee and Hot Cocoa
- FISD WaterWorks Program

## This menu has been reviewed by:

Susan Cooper, MS, RD, CDN  
Director of Wellness  
Flik Independent School Dining



**If You Have A Food Allergy, Please Contact Marco Morales, Director Of Dining Services At**  
[MARCO.MORALES@COMPASS-USA.COM](mailto:MARCO.MORALES@COMPASS-USA.COM)