



WEEKLY MENU SELECTIONS

MONDAY

8/21

Hot Entrée

Teriyaki Chicken
Teriyaki Tofu
Jasmine Rice
Stir-Fried Vegetables

Soup

Egg Drop

Salad

Chilled Broccoli Salad

TUESDAY

8/22

Hot Entrée

Chicken Tacos
Black Bean Tacos
Mexican Rice
Roasted Cauliflower

Soup

Vegetable Tortilla

Salad

Santa Fe Salad

WEDNESDAY

8/23

Hot Entrée

Penne Pasta
Revved Up Marinara
Revved Up Alfredo
Roasted Broccoli

Soup

Lentil

Salad

Caesar Salad

THURSDAY

8/24

Hot Entrée

All-Natural Hamburgers
Black Bean Burgers
Waffle Fries
Steamed Green Beans

Soup

Butternut Squash,
White Bean

Salad

Macaroni Salad

FRIDAY

8/25

Hot Entrée

Grilled Cheese on
Wheat
Sauteed Spinach

Soup

Revved Up Tomato

Salad

Chunky Vegetable
Feta Salad

If you have questions or special dietary needs, please contact our Chef Manager, Shanti Carlson, at
flik@bixbyschool.org

Food by FLIK



WEEKLY MENU SELECTIONS

MONDAY

8/28

Hot Entrée

Pork Sausage
Scrambled Eggs
Whole Grain Pancakes
Sauteed Spinach

Soup

Cinnamon Sugar Oat-
meal

Salad

Apple Farro Salad

TUESDAY

8/29

Hot Entrée

Carnitas Tacos
Black Beans
Mexican Rice
Steamed Zucchini

Soup

Vegetable Tortilla

Salad

Mexican Quinoa Salad

WEDNESDAY

8/30

Hot Entrée

Rotini Pasta
Meat Sauce
Revved Up Marinara
Braised Swiss Chard

Soup

Potato Leek Soup

Salad

Caesar Salad

THURSDAY

8/31

Hot Entrée

Chicken Dijon
Couscous Stuffed Peppers
Roasted Potatoes
Sauteed Green Beans

Soup

Super Veggie

Salad

Mediterranean Pasta
Salad

FRIDAY

9/1

Hot Entrée

BBQ Chicken Drumsticks
Boston Baked Beans
Biscuits
Roasted Broccoli

Soup

Mulligatawny Chicken

Salad

Bulgur Garbanzo Bean
Salad

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WEEKLY MENU SELECTIONS

MONDAY

9/4

Hot Entrée

NO SCHOOL
LABOR DAY

Soup

NO SCHOOL

Salad

NO SCHOOL

TUESDAY

9/5

Hot Entrée

Beef Tacos
Veggie Tacos
Spanish Rice
Braised Swiss Chard

Soup

Southwest Vegetable

Salad

Corn Jicama Salad

WEDNESDAY

9/6

Hot Entrée

Gemelli Pasta
Turkey Meat Sauce
Revved Up Marinara
Roasted Ratatouille

Soup

Kale White Bean

Salad

Caesar Salad

THURSDAY

9/7

Hot Entrée

Baked Chicken Tenders
Baked Sweet Potatoes
Roasted Brussels Sprouts

Soup

Chicken Noodle

Salad

Spinach Strawberry
Salad

FRIDAY

9/8

Hot Entrée

Pepperoni Pizza
Cheese Pizza
Roasted Broccoli

Soup

Minestrone

Salad

Kabocha, Kale, Farro
Salad

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WEEKLY MENU SELECTIONS

MONDAY

9/11

Hot Entrée

Beef & Broccoli Stir-Fry
Tofu Broccoli Stir-Fry
Jasmine Rice
Stir-Fried Veggies

Soup

Hot & Sour

Salad

Apple Farro Salad

TUESDAY

9/12

Hot Entrée

Chicken Tacos
Chickpea Chorizo Tacos
Refried Beans
Sauteed Zucchini

Soup

Tomato Chipotle Lime

Salad

Black Bean Roasted
Corn Salad

WEDNESDAY

9/13

Hot Entrée

Bow Tie Pasta
Revved Up Marinara
Revved Up Alfredo
Roasted Cauliflower

Soup

Lentil

Salad

Caesar Salad

THURSDAY

9/14

Hot Entrée

Greek Marinated Chicken
Baked Falafel
Tzatziki Sauce
Whole Wheat Pita
Sauteed Spinach

Soup

New Orleans Red Bean

Salad

Moroccan Couscous
Salad

FRIDAY

9/15

Hot Entrée

BBQ Pulled Pork Sliders
Veggie Burger Sliders
Potato Wedges
Roasted Butternut
Squash

Soup

Cream of Chicken

Salad

Vegetable Brown Rice
Salad

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WEEKLY MENU SELECTIONS

MONDAY

9/18

Hot Entrée

Revved Up Mac &
Cheese
Roasted Brussels
Sprouts

Soup

Tuscan Bean

Salad

Quinoa, Zucchini, Pea
Salad

TUESDAY

9/19

Hot Entrée

Beef Tacos
Beyond Meat Tacos
Mexican Rice
Seasoned Zucchini

Soup

Chicken Tortilla

Salad

Black Bean Roasted
Corn Salad

WEDNESDAY

9/20

Hot Entrée

Rotini Pasta
Turkey Meat Sauce
Revved Up Marinara
Sauteed Kale

Soup

French Onion

Salad

Caesar Salad

THURSDAY

9/21

Hot Entrée

BBQ Pork
BBQ Tofu
Mashed Sweet Potatoes
Roasted Green Beans

Soup

Chicken Noodle

Salad

American Macaroni
Salad

FRIDAY

9/22

Hot Entrée

Hotdogs
Vegan Hotdogs
French Fries
Glazed Carrots

Soup

Southwest Vegetable

Salad

Couscous Fennel Salad

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WEEKLY MENU SELECTIONS

MONDAY

9/25

Hot Entrée

BBQ Chicken Drumsticks
Boston Baked Beans
Cornbread
Roasted Carrots

Soup

Salad

TUESDAY

9/26

Hot Entrée

Pork Carnitas Tacos
Seasoned Pinto Beans
Mexican Rice
Steamed Summer Squash

Soup

Southwest Chicken
Barley

Salad

Chilled Broccoli Salad

WEDNESDAY

9/27

Hot Entrée

Bowtie Pasta
Beef Bolognese Sauce
Revved Up Marinara
Roasted Broccoli

Soup

Veggie, Lentil, Freekeh

Salad

Caesar Salad

THURSDAY

9/28

Hot Entrée

Pepperoni French Bread
Pizza
Cheese French Bread Pizza
Balsamic Roasted Brussels
Sprouts

Soup

Black Eyed Pea

Salad

Roasted Sweet Potato
Salad

FRIDAY

9/29

Hot Entrée

Chicken Tenders
"Chik'n" Tenders
French Fries
Sauteed Green Beans

Soup

Minestrone

Salad

Caprese Pasta Salad

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