



# the market

Monday  
9/9/24

Tuesday  
9/10/24

Wednesday  
9/11/24

Thursday  
9/12/24

Friday  
9/13/24

Saturday  
9/14/24

Sunday  
9/15/24

Soup  
of the  
Day

Action  
Station

Culinary  
Exchange

WFPB

Specialty  
Sub

Pizza

Gumbo <b>5 Bean *GF</b>	Pozole Verde Vegetable & Wild Rice GF	Tortellini Soup <b>Tomato Basil*GF</b>	Menudo <b>*GF</b> Potato Stew	Clam Chowder <b>Italian Five Bean Soup*GF</b>	Soup Du jour	Soup Du jour
Caesar salad	Fajita Station	Create Your Own Pasta	Chicken Tostados	Thai budha bowl	---	---
Kong pao shrimp <b>*GF</b> Fried Rice Sweet and sour Tempura Chicken <b>Stir fry vegetables</b> <b>Sautee carrots and cabbage *GF</b> Dinner Rolls	Birria Tacos Ranchero Beans <b>*GF</b> Jalapeño Rice <b>*GF</b> Mexican street corn on the cobb <b>*GF</b> Veracruz Tilapia <b>*GF</b> Tortillas	Beef brisket <b>*GF</b> Ranch style beans <b>*GF</b> Roasted Pee wee Potatoes <b>*GF</b> Fricassee Chicken Garlic Steamed Broccoli <b>*GF</b> Dinner Rolls	Blackened Salmon <b>GF</b> Roasted Rainbow carrots <b>GF</b> Wild Rice Lobster mac and cheese Vegetable Blend <b>*GF</b> Garlic Breadsticks	Chili con carne <b>GF</b> Jalapeno Cornbread Mango habanero chicken wings <b>Jalapeño Poppers</b> <b>Roasted Squash and Zucchini *GF</b> Dinner Rolls	Chicken Alfredo Pasta Bread Sticks <b>Broccoli *GF</b>	Chef's Choice Protein Chef's Choice Starch <b>Chef's Choice Vegetable*GF</b>
Stuffed Sweet Potatoes	Tamales With Red Sauce	<b>Butter Bean salad/ Jalapeño gremolata*GF</b>	<b>Tomato and Charred Pepper Farro Salad / Pineapple balsamic dressing</b>	Fiesta Chalupas	---	---
Seafood Po'boy	Roasted Vegetables with Hummus	<b>Four Bean Hummus Wrap</b>	Chicken Caesar Wrap	<b>Eggplant and Mushroom Fajita Wrap</b>		
Supreme Pizza	Ultimate Veggie Pizza	Calzones	Gluten Free Pizza with Cauliflower Crust <b>*GF</b>	Hawaiian Pizza		

**Whole Food Plant Based** (Vegan) is indicated with green font.

**Gluten Free** is indicated with an asterisk \*GF and orange font after the food item

