May 2018

Cantrell Lower School Eagle Café by FLIK

LUNCH

Chef/Manager: Joshua Roberts
Please contact with any questions or suggestions at Joshua.Roberts@Compass-USA.com

This Month at FLIK:
Food Focus: FLIK So Cheesy….Goat!!
Superfood: Leafy Greens!!
Grains Matter: Farro!!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Entrée: Chicken Cordon B Veggie: Squash, Potatoes Nibble: Mini Turkey Corndogs, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	2 Entrée: Beef Lasagna Veggie: Broccoli, Cauliflowe Nibble: Ham/Cheese Croissant, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	3 Entrée: Spaghetti Bolognes Veggie: Broccoli & Carrots Nibble: Grilled Cheeseburger Tenders, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	4 Lower School Field Day. No Lunch!!
7 Entrée: Grilled BBQ Chicke Veggie: Crudite, Corn on the Cob Nibble: Grilled Cheeseburgers, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	8 Entrée: Beef Tacos Veggie: Spanish Rice & Beans Nibble: Cheese Quesadillas, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	9 Entrée: Smothered Steak Veggie: Veggie Straws, Lima Beans Nibble: Chicken Tenders, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	10 Entrée: Teriyaki Chicken Veggie: Fried Rice & Snow Peas Nibble: Grilled Cheese Sandwich, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	11 Entrée: Fried Chicken Legs Veggie: Macaroni & Cheese, Peas Nibble: All Beef Hot Dogs, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts
14 Entrée: Homemade Fish St Veggie: Green Beans, Gnocchi Nibble: Chicken Tenders, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	15 Entrée: Stuffed Shells Veggie: Green Beans, Gnocchi Nibble: Chicken Tenders, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	16 Entrée: Cajun Grilled Chick Veggie: Crispy Okra, Rice Nibble: Cheeseburgers, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	17 Entrée: Salisbury Steak Veggie: Carrots, Potatoes Nibble: Mini Turkey Corndogs, Pizza Extras: Yogurt/Crudite Bar, Fresh Fruit, Desserts	18 No Lower School Lunch Today!!
21 Lower School will be eating Eagle Café Main Lunchroom. Please refer to the Eagle Café Menu.	22 Lower School will be eating Eagle Café Main Lunchroom. Please refer to the Eagle Café Menu.	23 Lower School will be eating Eagle Café Main Lunchroom. Please refer to the Eagle Café Menu.	24 Lower School will be eating Eagle Café Main Lunchroom. Please refer to the Eagle Café Menu.	25 Last Day! No Lunch!
28 Have a Great Summer!!	29 Have a Great Summer!!	30 Have a Great Summer!!	31 Have a Great Summer!!	