



# January 2022 APPLE CART CAFÉ DAILY MENU



\*Menu Subject to Change\*

<p><i>Served Daily</i> Tuna Salad - Buttermilk Bread Egg Salad - Buttermilk Bread Veggie - Multi Grain Bread Turkey &amp; Cheddar - Whole Wheat Bread Grilled Cheese &amp; Panini Sandwiches</p>	<p><i>Served Daily</i> Yogurt Parfait Vanilla Yogurt Assorted Berries Topped With Granola</p>	<p><i>Served Daily - Petite or Regular</i> Chef Salad Classic Spinach Salad Signature Green Salad Choice of Dinner Roll or Muffin Ranch, Italian or Balsamic Vinegar</p>
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## SPECIALS OF THE DAY

Monday 3-Jan-2022	Tortilla Soup or Tomato Basil	<p><b>Chicken Pasta Salad</b> Romaine Lettuce, Pasta, Chicken, Broccoli Cucumbers, Green Onions Mixed With Dill &amp; Sour Cream Dressing</p>	<p><b>Assorted Sandwiches, Salads &amp; Soup</b></p>
Tuesday 4-Jan-2022	Tortilla Soup	<p><b>Cobb Salad</b> Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes &amp; Hard Cooked Egg Served With Choice of Dinner Roll or Muffin</p>	<p><b>Chicken Alfredo</b> Pasta Topped With Chicken &amp; Creamy White Sauce Served with A Homemade Italian Breadstick</p>
Wednesday 5-Jan-2022	Tortilla Soup or Split Pea Soup	<p><b>Mexican Caesar Salad</b> Chopped Romaine, Cubed Chicken, Cotija Cheese, Pepitas Seeds, Croutons Served With A Creamy Cilantro Dressing Served With A Muffin</p>	<p><b>Teriyaki Chicken Bowl</b> Filled With Teriyaki Chicken Steamed White Rice Topped With Broccoli &amp; Carrots Served With A Chinese Almond Cookie</p>
Thursday 6-Jan-2022	Tortilla Soup	<p><b>Parmesan Caesar Salad</b> Romaine, Chicken Patty, Parmesan Cheese, Croutons &amp; Caesar Dressing Served With a Petite Cheese Roll</p>	<p><b>Italian Meatball Sandwich</b> Topped With Melted Mozzarella Cheese Served on a French Roll &amp; A Bag of Chips</p>
Friday 7-Jan-2022	Tortilla Soup		<p><b>Assorted Sandwiches, Salads &amp; Soup</b></p>
Monday 10-Jan-2022	Tortilla Soup or Tomato Basil	<p><b>Taco Salad</b> Seasoned Ground Beef, Shredded Lettuce, Chopped Green Onions, Diced Tomatoes, Shredded Cheese, Pico de Gallo, Sour Cream &amp; Tortilla Chips</p>	<p><b>(2) Carnitas Street Tacos</b> Diced Onions &amp; Cilantro Refried Beans , Mexican Rice, &amp; Pico De Gallo Tortilla Chips</p>
Tuesday 11-Jan-2022	Tortilla Soup	<p><b>Chipotle Chicken Salad</b> Romaine Lettuce, Diced Chicken, Bell Pepper, Green Onions, Celery, Cilantro Served With Creamy Chipotle Dressing &amp; Tortilla Straws</p>	<p><b>Spaghetti With Meat Sauce or Marinara Sauce</b> Served With Small Green Salad &amp; Garlic Cheese Toast</p>
Wednesday 12-Jan-2022	Tortilla Soup or Corn Chowder	<p><b>The Apple Cart Salad</b> Romaine, Diced Chicken, Celery, Mandarin Oranges, Diced Apples, Dried Cranberries, Feta Cheese, Red Onion Rings, Topped With Bleu Cheese Served With A Muffin or Dinner Roll</p>	<p><b>EI Dorado Casserole</b> Seasoned Ground Beef Layered Over Tortillas Chips, Black Olives, Cottage Cheese Cheddar Cheese Mixed With A Tomato/Sour Cream Sauce</p>
Thursday 13-Jan-2022	Tortilla Soup	<p><b>Santa Fe Salad</b> Mixed Greens, Chicken Strips, Tomatoes, Jicama, Cheddar Cheese, Black Olives Topped With Salsa Dressing &amp; Tortilla Straws</p>	<p><b>Apple Cart Mini Cheese Burgers (2)</b> Thousand Dressing, Shredded Lettuce, Cheddar Cheese, Jalapeno Peppers, Tomato Slices, Grilled Onions &amp; Mushrooms, Spicy Potato Wedges</p>
Friday 14-Jan-2022	<b>HOLIDAY</b>	<p><b>NON-STUDENT DAY</b></p>	<p><b>CAFÉ CLOSED</b></p>
Monday 17-Jan-2022	<b>HOLIDAY</b>	<b>HOLIDAY</b>	<b>DR. MARTIN LUTHER KING DAY - CAFÉ CLOSED</b>
Tuesday 18-Jan-2022	Tortilla Soup	<p><b>Southwestern Salad</b> Avocado Ranch Dressing &amp; Tortilla Chips, Romaine, Chicken, Diced Tomato, Black Beans, Corn, Red Bell Pepper, Red Onion, Black Olives, Pico de Gallo, and Ranch Dressing</p>	<p><b>Homemade Chicken &amp; Rice Burrito</b> Served With Pico de Gallo, Spanish Rice &amp; Refried Beans &amp; Tortilla Chips</p>

Wednesday 19-Jan-2022	Tortilla Soup or French Onion	<b>BBQ Chicken Salad</b> Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped With Tortilla Strips & BBQ Ranch Dressing Served With A Cheese Bread Stick	<b>Healthy Chicken Parmesan</b> Chicken Breast Coated With Italian Seasonings and Parmesan Cheese Covered In A Rich Marinara Sauce Topped With Melted Mozzarella Cheese Served With Herb Noodles & Small Green Salad Homemade Parmesan Knot Roll
Thursday 20-Jan-2022	Tortilla Soup	<b>Asian Chicken Slaw</b> Shredded Chicken Mixed With Celery, Sugar Peas, Red Bell Pepper, Onion, Slaw Mix & Water Chestnuts Vinaigrette Dressing Mixed With Soy Sauce, Toasted Almonds & Sesame Seeds Served On A Bed Of Curly Lettuce	<b>B.L.A.T. Wrap</b> Flour Tortilla Filled With Deli Turkey, Bacon, Lettuce, Tomatoes & Guacamole Served With Fresh Fruit
Friday 21-Jan-2022	Tortilla Soup	 <b>Daily Salads Available</b>	<b>California Chicken Sandwich</b> Grilled Chicken Breast On A Buttery Bun Topped With Bacon Strips, Melted Mozzarella Cheese & Avocado Served With Macaroni Salad
Monday 24-Jan-2022	Tortilla Soup or Tomato Basil	<b>The Apple Cart Salad</b> Romaine, Diced Chicken, Celery, Mandarin Oranges, Diced Apples, Dried Cranberries, Feta Cheese, Red Onion Rings, Topped With Bleu Cheese Served With A Muffin or Dinner Roll	<b>Chicken Olé Casserole</b> Shredded Seasoned Chicken, Layered With Creamy Chicken Sauce Cheese, Corn Tortillas Topped With Cheddar Cheese Served With Pico De Gallo & Fresh Fruit Cup
Tuesday 25-Jan-2022	Tortilla Soup	<b>Chinese Chicken Salad</b> Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles, Mixed w/ Oriental Dressing Served w/ a Fortune Cookie	<b>Honey/Mustard Chicken</b> Served With Mashed Potatoes & Gravy Glazed Carrots Served With A Dinner Roll 
Wednesday 26-Jan-2022	Tortilla Soup or Italian Minestrone Soup	<b>Broccoli Salad</b> Broccoli, Sunflower Seeds, Bacon, Raising & Red Onion, and Rice Vinegar Dressing. Served with Dinner Roll or Muffin	 <b>Cheese Enchiladas (2)</b> Corn Tortillas Filled With Cheese Covered In A Mild Red Sauce Topped With Melted Cheddar Cheese Served with Refried Beans & Spanish Rice Tortilla Chips & Salsa
Thursday 27-Jan-2022	Tortilla Soup	<b>Cobb Salad</b> Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes & Hard Cooked Egg Served With Choice of Dinner Roll or Muffin	 <b>Quiche - Choice of Ham &amp; Cheese or Veggie</b> Served With Fresh Fruit 
Friday 28-Jan-2022	Tortilla Soup		<b>Assorted Sandwiches, Salads &amp; Soup</b> 
Monday 31-Jan-2022	Tortilla Soup or Tomato Basil	<b>Italian Pasta Salad</b> Spiral Pasta, Salami, Ham, Turkey, Mozzarella Cheese, Garbanzo Beans, Broccoli, Black Olives, Pepperoncini, Grape Tomatoes Mixed With Italian Dressing Served With A Garlic Cheese Breadstick	 <b>Orange Chicken Bowl</b> Served With Chow Mein, Fried Rice With Carrots & Peas - Served With A Lucky Fortune Cookie Sweet & Sour Sauce Available on Request