









Allegany College of Maryland Menu



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	Monday 5-Nov	Tuesday 6-Nov	Wednesday 7-Nov	Thursday 8-Nov	Friday 9-Nov
	Bacon, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station <small>GF</small> <small>GF</small>	Sausage, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station <small>GF</small> <small>GF</small>	Ham, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station <small>GF</small> <small>GF</small>	Sausage, Egg & Cheese English Muffin Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station <small>GF</small> <small>GF</small>	Bacon, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station <small>GF</small> <small>GF</small>
	Quesadilla Monday Grilled Or Crispy Chicken Lettuce, Onion, Tomato Shredded Cheddar Cheese Sour Cream, Salsa Bag Of Doritos Or Pretzels	Poblano's Nacho Station Seasoned Ground Beef Homemade Tri-Color Tortilla Chips Cheese Sauce Lettuce, Tomato, Olives, Jalapenos Sour Cream and Salsa	Wing Wednesday 8 Bone-In Chicken Wings Spicy Buffalo Sauce, BBQ Sauce Sweet Chili Sauce Ranch or Bleu Cheese Dressing Celery Sticks	Stuffed Peppers Seasoned Ground Beef Green Peppers Marinara Sauce, Rice Mashed Potatoes	Stir Fry-Day Kung Pao Beef or Chicken Steamed Rice Peppers & Onions Shredded Carrots, Broccoli Baby Corn, Water Chestnuts
	Tuna Salad Croissant w/ Chips or Pretzels	Tuna Salad Croissant w/ Chips or Pretzels	Tuna Salad Croissant w/ Chips or Pretzels	Tuna Salad Croissant w/ Chips or Pretzels	Tuna Salad Croissant w/ Chips or Pretzels
	Cheese Pizza Sausage Pizza	Cheese Pizza Bacon Pizza	Cheese Pizza Cuban Pizza	Cheese Pizza Buffalo Chicken Pizza	Cheese Pizza Vegetable Supreme Pizza
	This Weeks Specisl: Grilled Reuben w/ French Fries Available Daily At The Grille: Chicken Tenders, Made To Order Burgers, Hot Dogs, Grilled Chicken Sandwiches, Veggie Burgers And Sides Such As French Fries, Mozzarella Sticks, Onion Rings And So Much More				
	Our soups are changed daily to provide the best variety.				
* Contains or May Contain Raw or Undercooked Ingredients. Consuming Raw or Uncooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food-Bourne Illness.					

GF Denotes Gluten-Free Item