



# 2023 Institute for New Teachers – NC

## MENU

### Tuesday, July 18

#### Dinner:

- Pepperoni pizza
- Cheese pizza
- BBQ chicken pizza
- Salad *with balsamic vinaigrette & ranch dressing*

### Wednesday, July 19

#### Breakfast:

- Roasted vegetable frittata
- Sausage, ham, & bacon frittata
- Potatoes
- Mini muffins
- Fruit

#### Lunch:

- **Build-Your-Own Mediterranean Grain Bowl** *with Greek lemon chicken, falafel, toasted pita, basmati rice, farro, fried chickpeas, romaine, lettuce, arugula, tomatoes, cucumbers, olives, pickled onions, feta cheese, tzatziki, and Greek vinaigrette*

### Thursday, July 20

#### Breakfast:

- Roasted vegetable frittata
- Sausage, ham, & bacon frittata
- Potatoes
- Mini muffins
- Fruit

#### Lunch:

- **Taco buffet** *with ground beef, grilled chicken, cilantro rice, black beans, salsa, lettuce, sour cream, cheddar cheese, & jalapeños*