

# October 2018

Anthesis

## Country Café

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 	1 <b>Mushroom Chicken, Rice &amp; Small Salad</b>	2 <b>Ham &amp; Swiss Sub, Chips &amp; Fruit</b>	3 <b>Soft Taco, Rice, Beans, Salsa &amp; Chips</b>	4 <b>Baked Potato Bar &amp; Fruit</b>	5 <b>Chicken Alfredo w/ Broccoli, Salad &amp; Roll</b>	6 
7	8 <b>Sheppard's Pie, Small Salad &amp; Biscuit</b>	9 <b>Turkey Sub w/ Tomato &amp; Lettuce, Chips &amp; Fruit</b>	10 <b>Chicken Fajitas, Spanish Rice &amp; Salad</b>	11 <b>Salad, Fruit Bar &amp; Chicken Soup</b>	12 <b>Cheese-burger, Fries &amp; Fruit</b>	13
14	15 <b>Quesadilla, Rice &amp; Fruit</b>	16 <b>Deli Meats Combo Croissant, Chips &amp; Fruit</b>	17 <b>BBQ Chicken, Salad &amp; Biscuit</b>	18 <b>Spinach Salad Bar &amp; Bacon, Egg, Potato, Sausage Soup &amp; Roll</b>	19 <b>Meat Lasagna, Salad &amp; Roll</b>	20
21	22 <b>Cheesy Tuna Casserole, Small Salad &amp; Roll</b>	23 <b>Pastrami &amp; Ham Sub, Fruit &amp; Chips</b>	24 <b>Green Chicken Enchiladas, Spanish Rice &amp; Salad</b>	25 <b>Salad &amp; Fruit Bar, Albondigas Soup &amp; Tortilla Chips</b>	26 <b>Bacon Mac &amp; Cheese, Cornbread &amp; Salad</b>	27
28	29 <b>Werewolf Dogs w/ Peppers &amp; Onions, Mac &amp; Wormy Pasta Salad</b>	30 <b>Grilled Cheese w/ Ghost Bread, Vampire Chips &amp; Fruit</b>	31 <b>Sloppy Joes w/ Monkey Brains &amp; A Side of Spiders</b>	1 <b>Witch Tostada Salad, Witches Brew Soup &amp; Roll</b>	2 <b>Spaghetti w/ Eyeballs, Frog Salad, &amp; Spider Rolls</b>	3 

4650 Brooks Street, Montclair, CA 91763  
 (909) 624-3555, Ext. 247  
 Hours: Monday - Friday  
 Breakfast: 7:30am to 10:15am  
 Lunch: 11:45am to 12:45pm

Salads are available daily:  
 Pre-order by 10:30am to avoid delay.  
 Salad orders are subject to produce  
 & provisions on hand. Hard boiled eggs  
 require a 40 minute pre-order.

Menus are posted online at [www.anthesis.us](http://www.anthesis.us) and at Anthesis on program bulletin boards and cafeteria bulletin boards.