



# Upper School Lunch Menu

## October 22nd-26th

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>Entree:</i> Turkey Burgers</p> <p><i>Vegetarian Entree:</i> Veggie Burgers</p> <p><i>Side #1:</i> Sweet Potato Fries</p> <p><i>Side #2:</i> Sugar Snap Peas</p>	<p><i>Entree:</i> Blackened Catfish</p> <p><i>Vegetarian Entree:</i> Black Eyed Peas</p> <p><i>Side#1:</i> Cornbread</p> <p><i>Side#2:</i> Sauteed Greens</p>	<p><i>Entree:</i> Ginger-Lemongrass Scented Beef Lettuce Cups</p> <p><i>Vegetarian Entree:</i> Mushroom Lettuce Cups</p> <p><i>Side #1:</i> Jasmine Rice</p> <p><i>Side #2:</i> Rainbow Slaw</p>	<p><i>Entree:</i> Peruvian Chicken with Green Sauce</p> <p><i>Vegetarian Entree:</i> Grilled Queso Fresco</p> <p><i>Side #1:</i> Quinoa</p> <p><i>Side #2:</i> Broccoli</p>	<p><i>Entree:</i> Mac n' Cheese Bar: Roasted Tomatoes Breadcrumbs Roasted Artichokes Chives</p> <p><i>Side #1:</i> Caesar Salad</p> <p><i>Side #2:</i> Fruit Salad</p>

### *Available Daily*

Full Salad & Sandwich Bar  
 Fresh Whole Fruit  
 Organic Yogurt & Applesauce

Fruit Juice & Filtered Water  
 Organic Lowfat & Nonfat Milk  
 Soy, Rice, & Lactose-free Milk

*Menu subject to changes due to availability.*