



Upper School Lunch Menu

April 16th-20th

Monday

Entree:
Italian Sausage and Peppers

Vegetarian Entree:
White Beans and Escarole

Side #1:
Garlic Bread

Side #2:
Green Beans

Tuesday

Entree:
Orange Miso Glazed Cod

Vegetarian Entree:
Glazed Tofu

Side #1:
Soba Noodle Salad

Side #2:
Asparagus

Wednesday

Entree:
Chicken Tikka Masala

Vegetarian Entree:
Spinach and Cheese Curry

Side #1:
Basmati Rice

Side #2:
Peas, Carrots and Cauliflower

Thursday

Entree:
Turkey and Cheese Panini

Vegetarian Entree:
Veggie Panini

Side #1:
Creamy Squash Soup

Side #2:
Broccoli

Friday

Entree:
Bean and Cheese Enchiladas with Guajillo Chile Salsa

Side #1:
Romaine Salad with Corn, Cotija Cheese, Cherry Tomatoes and Cilantro Lime Dressing

Side #2:
Mexican Style Rice

Sliced Watermelon

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.