



# Upper School Lunch Menu February 12th-16th

## Monday

*Entree:*  
Grilled Cheese Sandwich  
or  
Grilled Caprese Sandwich

*Side #1:*  
Tomato Soup

*Side #2*  
Sugar Snap Peas

## Tuesday

*Entree:*  
Chicken Marsala

*Vegetarian Entree:*  
Acorn Squash and Celery Root Mushroom Sauce

*Side #1:*  
Parmesan Polenta

*Side #2*  
Broccoli

## Wednesday

*Happy Valentine's Day!*

*Entree:*  
Whole Wheat Spaghetti with Turkey Meat Sauce or Marinara

*Side #1:*  
Garlic Focaccia

*Side #2*  
Peas and Carrots

Chocolate Cake with Strawberry Frosting

## Thursday

*Entree:*  
BBQ Pulled Pork

*Vegetarian Entree:*  
BBQ Lentils

*Side #1:*  
Quinoa

*Side #2:*  
Rainbow Slaw

## Friday

*Happy Lunar New Year!*

*Entree:*  
Seed-Free Hoisin Glazed Chicken Legs

*Toppings:*  
Glazed Tofu

*Side #1:*  
Jasmine Rice

*Side #2:*  
Baby Bok Choy with Garlic and Ginger

Pomegranates  
Mandarin Oranges  
and Pomelos

## 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.*