

# APRIL 2025

## CECE & LS Menu

### Celebrating Arab Heritage

31 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
Eid al-Fitr <i>No School</i>	Spaghetti & Meatballs Cheese Manicotti Garlic Bread Sweet Peas	Grilled Chicken Crispy Eggplant Parmesan Herb Potatoes Green Beans	<i>Celebrating Eid al-Fitr</i> Beef Shawarma Chickpea Falafel Pita Bread & Hummus Shirazi Salad White and Red Sauces	Meatless Friday! Cheese Quesadillas Black Bean Stew Cilantro Lime Rice Roasted Corn Fresh Fruit Salad
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
Boneless Chicken Wings Crispy Tofu Nuggets Potato Wedges Mixed Greens Salad Assorted Sauces	Kielbasa (Polish Pork Sausage) Braised Cabbage Potato & Cheese Pierogi Peas & Carrots	Chicken Fajitas Pinto Bean Stew Jasmine Rice Corn 'Esquites' Assorted Toppings  **4th Grade Family Lunch**	<i>Celebrating Arab Heritage</i> Ground Beef Kofta Chickpea Lablabi Saffron Scented Couscous Roasted Vegetables Yogurt Sauce	Meatless Friday! Mac n' Cheese or Pasta w/ Marinara Sauce Roasted Broccoli Assorted Toppings Fresh Fruit Salad
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Ground Turkey Picadillo Vegetable Empanada Jasmine Rice Corn & Peppers	Chicken Provençal Spring Vegetable Ratatouille Quinoa Sweet Peas	Honey Soy Salmon Sweet Chili Glazed Tofu Jasmine Rice Cucumber Salad	<i>Celebrating Passover</i> Beef Brisket Cauliflower Steaks w/ Pesto Roasted Potatoes Green Beans and Asparagus Matzo Ball Soup	Meatless Friday! Baked Russet & Sweet Potato Vegetarian Chili Roasted Broccoli Assorted Toppings Fresh Fruit Salad
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Beef Cheese Burger Veggie Burger Lettuce, Tomato, Onion Sweet Potato Fries Caesar Salad	Honey Dijon Chicken Creamy Lemon White Beans Roasted Baby Potatoes Green Beans	Ground Turkey Bolognese or Veggie Marinara Rigatoni Pasta Sweet Peas	<i>Celebrating Arab Heritage</i> Chicken Musakhan Ojja (Egg & Tomato Stew) Flatbread & Rice Fattoush Salad Orange Semolina Cake **5th Grade Family Lunch**	Meatless Friday! Tomato & Cheese Pizza Spring Vegetable Pizza Roasted Broccoli Fresh Fruit Salad
28 Monday	29 Tuesday	30 Wednesday		
Crispy Fish Tacos Crispy Tofu Tacos Steamed Rice Cilantro Lime Slaw	Tuscan Chicken Eggplant Caponata Linguine Pasta Tomato & Mozzarella Salad	Cuban Style Ropa Vieja Black Beans Jasmine Rice Roasted Corn		

## CECE & LOWER SCHOOL LUNCH MENU

### *March 2025*

*Celebrating Women's Herstory Month*

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
General Tso's Chicken General Tso's Cauliflower Steamed Rice Edamame	Turkey Chili Three Bean Chili Homemade Cornbread Roasted Broccoli Assorted Toppings	Beef Pepperoni Pizza Cheese Pizza Caesar Salad Soup of the Day	Conference Day <i>No School</i>	Meatless Friday!  Grilled Cheese Specialty Grilled Cheese Classic Tomato Soup Green Beans Fresh Fruit Salad
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Turkey Burger Veggie Burger Potato Wedges Green Beans	Teriyaki Chicken Teriyaki Tofu Lo Mein Noodles Broccoli	Crispy Cod Crispy Zucchini Pearl Couscous Peas & Carrots	Pork Carnitas Tacos Black Bean Tacos Cilantro Lime Rice Roasted Corn	Meatless Friday!  Pasta w/ Choice of Marinara or Alfredo Sauce Garlic Bread Mixed Greens Salad Fresh Fruit Salad

**HAVE A WONDERFUL SPRING BREAK!!!**



- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades PK- 1
- \* Menu subject to change based on product availability



# CECE & LOWER SCHOOL LUNCH MENU

## February 2025

*Celebrating Black (Diaspora) History/Heritage Month!*

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
Cheese Burger Impossible Cheese Burger Waffle Fries Mixed Greens Salad	Balsamic Chicken Eggplant & Cherry Tomato Creamy Orzo Roasted Green Beans	Turkey Bolognese Lentil Bolognese Rigatoni Pasta Peas & Carrots	<i>Celebrating Black History</i> Jamaican Jerk Chicken Jamaican Beef Patties Curried Chickpeas Steamed Rice Garden Salad	<i>Meatless Friday</i> Lemon Ricotta Pancakes Cheesy Scrambled Eggs Hashbrowns Fresh Berries
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday
Sausage & Peppers Tofu & Peppers Bowtie Pasta Sweet Peas	<i>Celebrating Black History</i> Crispy Fried Chicken Southern Style Yams Homemade Cornbread Rainbow Slaw Special Treat!	Philly Cheese Steak Sandwich Veggie Sandwich Potato Wedges Caesar Salad	Lemon Herb Salmon Spinach Pie Pearl Couscous Broccolini	<i>Meatless Friday</i> Cheese Quesadilla Cilantro Lime Rice Roasted Corn Sliced Pineapple
17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
Presidents Day <i>No School</i>	Faculty/Staff In Service <i>No School</i>	Spaghetti & Meatballs Cheese Manicotti Garlic Bread Sweet Peas	<i>Celebrating Black History</i> West African Chicken Stew Red Bean & Sweet Potato Stew Jollof Rice & Plantains Green Beans	<i>Meatless Friday</i> Cheese Pizza Veggie Pizza Roasted Broccoli Fresh Fruit Salad
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday
Chicken N' Waffles Crispy Cauliflower Roasted Green Beans Hot Honey, Pure Maple	Turkey & Cheese Panini Caprese Panini Sweet Potato Waffle Fries Vegetable Medley	<i>Celebrating Black History</i> Guyanese Beef Pepper Pot Curry Spiced Squash Steamed Rice & Plait Bread Garden Salad	Peruvian Chicken Cheese Arepas Roasted Potatoes Corn & Peppers	<i>Meatless Friday</i> Mac n' Cheese Assorted Toppings Roasted Broccoli Fresh Fruit Salad

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades PK- 1
- \* Menu subject to change based on product availability



CECE & LOWER SCHOOL LUNCH MENU

# January 2025

International Culture Month at Leman!

6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
Taiwanese Popcorn Chicken Tofu & Scallions Steamed Rice Cucumber Salad	Turkey Chili Three Bean Chili Homemade Corn Bread Green Beans Sour Cream, Cheddar, Scallions	Lemon Dill Salmon Hasselback Squash Mashed Potatoes Vegetable Medley	Gyro Style Chicken Chickpea Falafel Saffron Rice Garden Salad	Meatless Friday!  Cheese Pizza Veggie Pizza Roasted Broccoli Fresh Fruit Salad
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
Kielbasa (Polish Pork Sausage) Roasted Cabbage Potato & Cheese Pierogi Roasted Green Beans	Berberbe Spiced Chicken w/ Injera Style Crepes Shakshuka Couscous Vegetable Medley	Ground Beef Stroganoff Mushroom Stroganoff Egg Noodles Peas & Carrots	<i>Kindergarten Family Lunch</i>  Chicken Milanese Eggplant Milanese Garlic Pasta Arugula Salad, Shaved Parm	Meatless Friday!  Cheese Quesadillas Refried Beans Steamed Rice Assorted Toppings Sliced Pineapple
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
Dr. Martin Luther King Jr. Day <i>No School</i>	Crispy Chicken Baked Beans Buttermilk Biscuits Coleslaw Hot Honey & Gravy	Turkey Sloppy Joe Lentil Sloppy Joe Waffle Fries Roasted Green Beans	<i>1st Grade Family Lunch</i>  Churrasco Steak Black Bean Stew Brazilian Cheese Bread Garden Salad	Meatless Friday!  Mac n' Cheese Pasta w/ Marinara Sauce Roasted Broccoli Orange Wedges
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
Beef Kofta Meatballs Chickpea Falafel Pita Bread Cucumber, Tomato, Onion Salad Hummus & Yogurt Sauce	Crispy Fish Taco Veggie Taco Steamed Rice Street Corn Assorted Toppings	Lunar New Year <i>No School</i>	<i>Celebrating Lunar New Year</i>  Honey Soy Chicken Stir Fried Rice Cakes Vegetable Potstickers Ginger Fried Rice Crispy Garlic Broccoli	Meatless Friday!  Grilled Cheese Tomato Soup Green Apple Salad Special Treat!

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability



# CECE & LOWER SCHOOL LUNCH MENU

## *December 2024*

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Meatless Friday
Spaghetti & Meatballs Cheese Manicotti Garlic Bread Sweet Peas	Jamaican Brown Stew Chicken Steamed Cabbage Rice & Peas Plantains & Garden Salad	Korean Beef Bulgogi Korean BBQ Tofu Noodles Broccoli & Cucumber Salad	Pork Carnitas Tacos Chili Lime Sweet Potato Cilantro Rice Corn & Peppers Assorted Toppings	Tomato & Cheese Pizza Veggie Lovers Pizza Kale Caesar Salad Fresh Fruit Salad
9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Meatless Friday
Beef Burgers Impossible Burgers Sweet Potato Fries Coleslaw	Peruvian Chicken w/ Green Sauce Grilled Queso Fresco Jasmine Rice Corn & Peppers	Turkey Lasagna Veggie Baked Ziti Garlic Rolls Sweet Peas	Fish N' Chips Crispy Cod or Cauliflower Waffle Fries Green Beans Tartar Sauce	Classic Grilled Cheese Blueberry & Brie Grilled Cheese Tomato Soup Mixed Greens Salad Fresh Fruit Salad
16 Meatless Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday
Cheese Quesadilla Black Bean Soup Jasmine Rice Roasted Corn	Lemon Herb Chicken Spinach Pie Pearl Couscous Tomato, Cucumber & Feta Salad	<i>Celebrating the Holidays</i>  Classic Pot Roast Acorn Squash & Pomegranate Creamy Mashed Potatoes Roasted Green Beans Holiday Treat	Buttermilk Pancakes Scrambled Eggs Breakfast Potatoes Crispy Bacon Berries & Assorted Toppings	WINTER BREAK BEGINS  <i>Early Dismissal 12:30pm</i>

# HAPPY HOLIDAYS!!

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability



# CECE & LOWER SCHOOL LUNCH MENU

## November 2024

*Indigenous Heritage Month*



Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>Diwali</b></p> <p><i>No School</i></p>
<b>4 Monday</b>	<b>5 Tuesday</b>	<b>6 Wednesday</b>	<b>7 Thursday</b>	<b>8 Friday</b>
<p><i>Chicken Tikka Masala</i>  <i>Chickpea Masala</i>  <i>Garlic Naan &amp; Rice</i>  <i>Sweet Peas</i></p>	<p>Turkey Bolognese            Lentil Bolognese            Rigatoni Pasta            Mixed Greens Salad</p>	<p>Apple Cider Braised Beef            Spiced Butternut Squash            Garlic Smashed Potatoes            Roasted Green Beans</p>	<p>BBQ Chicken            BBQ Cauliflower            Cheesy Grits            Coleslaw</p>	<p>Cheese Pizza            Ricotta Pesto Pizza            Roasted Broccoli            Fresh Fruit Salad</p>
<b>11 Monday</b>	<b>12 Tuesday</b>	<b>13 Wednesday</b>	<b>14 Thursday</b>	<b>15 Friday</b>
<p><b>Veteran's Day</b></p> <p><i>Faculty In Service</i></p>	<p>Chicken &amp; Waffles            Crispy Tofu &amp; Waffles            Mixed Greens Salad            Pure Maple Syrup &amp; Hot Honey</p>	<p><i>Baked Salmon</i>  <i>Three Sisters' Bowl w/            Squash, Corn &amp; Beans</i>  <i>'Fry Bread'</i>  <i>Roasted Green Beans</i></p>	<p>Honey Soy Chicken            Vegetable Stir Fry            Jasmine Rice            Edamame</p>	<p>Grilled Cheese            Specialty Grilled Cheese            Tomato Soup            Roasted Broccoli            Fresh Fruit Salad</p>
<b>18 Monday</b>	<b>19 Tuesday</b>	<b>20 Wednesday</b>	<b>21 Thursday</b>	<b>22 Friday</b>
<p>Italian Sausage &amp; Peppers            Tofu &amp; Peppers            Potato Wedges            Sweet Peas</p>	<p>Crispy Fish Tacos            Black Bean Tacos            Jasmine Rice            Rainbow Slaw</p>	<p>White Chicken Chili            Whole Baked Sweet Potato            Cornbread            Roasted Green Beans            Assorted Toppings</p>	<p>Philly Cheese Steak Sandwich            Mushroom &amp; Pepper Sandwich            Waffle Fries            Mixed Greens Salad</p>	<p>Mac n' Cheese or            Pasta w/ Marinara Sauce            Roasted Broccoli            Fresh Fruit Salad</p>
<b>25 Monday</b>	<b>26 Tuesday</b>	<b>27 Wednesday</b>	<b>28 Thursday</b>	<b>29 Friday</b>
<p>Meatless Monday!</p> <p>Pasta w/ Marinara Sauce or            Alfredo Sauce            Garlic Rolls            Sweet Peas</p>	<p><b>Thanksgiving Feast!!</b></p> <p>Garlic Herb Roasted Turkey            Maple Glazed Squash            Creamy Mashed Potatoes            Fall Vegetable Medley            Gravy &amp; Cranberry Sauce            Apple Pie</p>	<p><b>Thanksgiving Break</b></p> <p><i>No School</i></p>	<p><b>Happy Thanksgiving</b></p> 	<p><b>Thanksgiving Break</b></p> <p><i>No School</i></p>

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability



# LOWER SCHOOL & CECE LUNCH MENU

## October 2024

Celebrating Latinx/Hispanic Heritage Month!



Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	Chili Lime Fish Tacos Bean Tacos Jasmine Rice Shredded Cabbage, Salsa & Avocado Crema	Meatless Wednesday!  Tomato & Cheese Pizza Squash & Caramelized Onion Pizza Roasted Broccoli Fresh Fruit Salad	Rosh Hashanah  <b>No School</b>	Rosh Hashanah  <b>No School</b>
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
General Tso's Chicken General Tso's Tofu Jasmine Rice Steamed Edamame	Turkey Bolognese Eggplant Caponata Cavatappi Pasta & Garlic Bread Sweet Peas	Philly Cheese Steak Sandwich Mushroom & Pepper Sandwich Potato Wedges Mixed Greens Salad	Pollo Asado (Roasted Chicken) Mofongo w/ Pickled Onions Steamed Rice Corn Elotes	Meatless Friday!  Pumpkin French Toast Fall Vegetable Frittata Hashbrowns Fresh Berries
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
Indigenous Peoples' Day  <b>No School</b>	Kielbasa (Polish Pork Sausage) Roasted Cabbage Potato & Cheese Pierogi Sweet Peas	Baked Salmon w/ Lemon Butter Roasted Squash Varieties Herbed Mashed Potatoes Roasted Brussels Sprouts	Gyro Style Chicken Chickpea Falafel Lemon Herb Pearl Couscous Tomato & Cucumber Salad Tzatziki Yogurt Sauce	Meatless Friday!  Cheese Quesadilla Black Bean Quesadilla Cilantro Lime Rice Roasted Corn Fresh Fruit Salad
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
Spaghetti & Meatballs or Cheese Ravioli Garlic Bread Sweet Peas	Chicken Teriyaki Japanese Eggplant Jasmine Rice Cucumber & Carrot Salad	Turkey Chili Canellini Bean Chili Homemade Corn Bread Green Beans Sour Cream, Cheddar, Scallions	Spanish Style Chicken Tortilla Española Creamy Orzo Mixed Greens Salad	Meatless Friday!  Mac N' Cheese Pasta Marinara Broccoli Fresh Fruit Salad
28 Monday	29 Tuesday	30 Wednesday	31 Thursday	Friday
Turkey Burger Veggie Burger Sweet Potato Waffle Fries KCaesar Salad	Grilled Steak Stuffed Mushrooms Mashed Potatoes Fall Vegetable Medley	All School Conference Day	Blackened Chicken Frightful Fritters Wormy Pasta w/ Pumpkin Cream Green Witch's Fingers Halloween Treat!	




- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability



# LOWER SCHOOL & CECE LUNCH MENU

## September 2024

Celebrating Hispanic/Latinx Heritage Month!

 <p><b>2 Monday</b></p>	<p><b>3 Tuesday</b></p> <p><i>OPEN HOUSE</i></p>	<p><b>4 Wednesday</b></p> <p><i>WELCOME BACK!!</i></p> <p>Turkey Bolognese Marinara Sauce Penne Pasta Sweet Peas Garlic Bread</p>	<p><b>5 Thursday</b></p> <p>Lemon Herb Salmon Grilled Eggplant Couscous Mixed Greens Salad</p>	<p><b>6 Friday</b></p> <p>Cheese Pizza Veggie Pizza Roasted Broccoli Fresh Fruit Salad</p>
<p><b>9 Monday</b></p> <p>Turkey Burger Veggie Burger Roasted Potato Wedges Green Beans</p>	<p><b>10 Tuesday</b></p> <p>Shredded Chicken Tacos Pinto Bean Stew Cilantro Lime Rice Roasted Corn &amp; Peppers Sour Cream, Salsa, Lettuce</p>	<p><b>11 Wednesday</b></p> <p>Beef &amp; Broccoli Glazed Cauliflower Lo Mein Noodles Carrots &amp; Cabbage</p>	<p><b>12 Thursday</b></p> <p>Mediterranean Chicken Chickpea Falafel Couscous Tabbouleh Cucumber, Tomato &amp; Feta Salad</p>	<p><b>13 Friday</b></p> <p>Meatless Friday! Mac n' Cheese Pasta w/ Marinara Sauce Roasted Broccoli Assorted Toppings Fresh Fruit Salad</p>
<p><b>16 Monday</b></p> <p>Spaghetti &amp; Meatballs Baked Veggie Pasta Garlic Bread Sweet Peas</p>	<p><b>17 Tuesday</b></p> <p>Hawaiian BBQ Chicken BBQ Cauliflower Pineapple Fried Rice Cabbage Slaw</p>	<p><b>18 Wednesday</b></p> <p>Crispy Baked Cod Crispy Eggplant Waffle Fries Green Beans Homemade Tartar Sauce</p>	<p><b>19 Thursday</b></p> <p>Cuban Style Ropa Vieja (Shredded Beef) Black Beans &amp; Peppers Steamed Rice Roasted Corn</p>	<p><b>20 Friday</b></p> <p>Meatless Friday! Classic Grilled Cheese Apple &amp; Gouda Grilled Cheese Tomato Soup Roasted Broccoli Fresh Fruit Salad</p>
<p><b>23 Monday</b></p> <p>Chicken Milanese Stuffed Mushrooms Creamy Orzo Roasted Green Beans</p>	<p><b>24 Tuesday</b></p> <p>Ground Beef Lettuce Cups Glazed Tofu Steamed Rice Edamame</p>	<p><b>25 Wednesday</b></p> <p>Turkey &amp; Cheese Panini Caprese Panini Roasted Potato Wedges Caesar Salad</p>	<p><b>26 Thursday</b></p> <p>Peruvian Chicken w/ Green Sauce Grilled Queso Fresco Cilantro Lime Rice Roasted Corn</p>	<p><b>27 Friday</b></p> <p>Meatless Friday! Pasta w/ Marinara Sauce or Spinach &amp; Basil Pesto Garlic Bread Sweet Peas Special Treat!</p>
<p><b>30 Monday</b></p> <p>Chicken Apple Sausage Sweet Potato Hash Couscous Sweet Peas</p>				
<p>* Sandwich/Salad Bar is open daily * Vegetarian entree served daily * Gluten and dairy free alternatives available * Sauces typically served on the side for grades PK - 1st * Yogurt, Apple Sauce, Whole Fruit &amp; Filtered Water available daily * Menu subject to change based on product availability</p>				