



# K & Lower School Lunch Menu

## Oct 22th-Oct 26th

### *Monday*

*Entree:*

Chicken Teriyaki

*Vegetarian Entree:*

Tofu & Mushroom  
Stir Fry

*Side #1:*

Jasmine Rice

*Side #2:*

Edamame

Mandarine Oranges

### *Tuesday*

*Entree:*

Turkey Chili

*Vegetarian Entree:*

Three Bean Chili

*Side #1:*

Corn Bread

*Side #2:*

Mixed Green Salad  
w/ Golden Raisins

### *Wednesday*

*Entree:*

Apple Cider Braised  
Short Ribs

*Vegetarian Entree:*

Squash Gratin

*Side #1:*

Mashed Potatoes

*Side #2:*

Carrots & Brussels  
Sprouts

### *Thursday*

*Entree:*

Peruvian Chicken  
w/ Green Sauce

*Vegetarian Entree:*

Grilled Queso  
Fresco

*Side #1:*

Quinoa

*Side #2:*

Green Beans

### *Friday*

*Entree:*

Pumpkin Mac N'  
Cheese

*Toppings:*

Roasted Tomatoes  
Artichokes  
Bread Crumbs  
Herbs

*Side #1:*

Broccoli

*Side #2:*

Fresh Fruit Salad

## *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.*