



Lower School Lunch Menu Sept 10th-Sept 14th

Monday

*Rosh
Hashanah*

School Closed

Tuesday

*Rosh
Hashanah*

School Closed

Wednesday

Entree:
Turkey Burger w/
Whole Wheat Bun

Vegetarian Entree:
Black Bean Burger
w/ Whole Wheat
Bun

Side #1:
Sweet Potato Waffle
'Fries'

Side #2:
Green Beans

Melon & Pineapple

Thursday

Entree:
Mediterranean
Style Chicken

Vegetarian Entree:
Chickpea Falafel

Side #1:
Pita Bread

Side #2:
Cucumber, Tomato
& Red Onion Salad

Tzatziki Yogurt
Sauce

Friday

Entree:
Mac & Cheese Bar

Toppings:
Roasted Tomatoes
Sauteed Mushrooms
Panko Breadcrumbs
Herbs

Side #1:
Carrots & 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.