



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.