



Upper School Lunch Menu

May 14th-18th

Monday

Entree:
Moroccan Chicken
with Chermoula

Vegetarian Entree:
Chickpeas and
Artichokes

Side #1:
Cous-Cous

Side #2
Peas and Carrots

Tuesday

Entree:
Turkey Sloppy Joe

Vegetarian Entree:
Black Bean Burger

Side #1:
Sweet Potato Fries

Side #2:
Spinach Caesar
Salad

Wednesday

Entree:
Blackened Catfish

Vegetarian Entree:
Blackened Tofu

Side #1:
Cheese Grits

Side #2:
Coleslaw

Thursday

Entree:
Hoisin Glazed
Chicken Legs

Vegetarian Entree:
Eggplant with Miso

Side #1:
Jasmine Rice

Side #2:
Edamame

Watermelon

Friday

Middle School Feild Day

High School Lunch:

Pasta Bar:

Mac n'Cheese
Baked Ziti
or
Pesto Pasta Salad with
Peas

Side #1:
Garlic Bread

Side #2:
Broccoli

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.