



Upper School Lunch Menu

January 14th-18th

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|---|--|---|--|
| <p><i>Entree:</i> Kielbasa Sausage</p> <p><i>Vegetarian Entree:</i> Pierogies</p> <p><i>Side #1:</i> Borscht with Sour Cream and Dill</p> <p><i>Side #2</i> Peas and Carrots</p> <p>Sauerkraut</p> | <p><i>Entree:</i> Moroccan Chicken with Chermoula Sauce</p> <p><i>Vegetarian Entree:</i> Mujadara: Bulgur Wheat with Lentils and Caramelized Onions</p> <p><i>Side #1:</i> Cous Cous</p> <p><i>Side #2</i> Green Beans with Cherry Tomatoes</p> | <p><i>Entree:</i> Turkey and Cheese Panini</p> <p><i>Vegetarian Entree:</i> Veggie Panini</p> <p><i>Side #1:</i> Creamy Parsnip and Celery Root Soup</p> <p><i>Side #2</i> Spinach Salad with Pears, Goat Cheese and Champagne Vinaigrette</p> | <p><i>Entree:</i> Grass-fed Beef Chili</p> <p><i>Vegetarian Entree:</i> Black Bean Soup with Avocado</p> <p><i>Side #1:</i> Brown Rice</p> <p><i>Side #2:</i> Corn and Scallions</p> <p>Cheddar Cheese Sour Cream</p> | <p><i>Entree:</i> <i>Macn'Cheese Bar:</i> Roasted Tomatoes Marinated Artichokes Garlic Breadcrumbs Chives</p> <p><i>Side #1:</i> Broccoli</p> <p><i>Side #2:</i> Fruit Salad</p> |

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.