

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
4	5	6	7	8		
★HAPPY★ LABOR DAY	Welcome back to SCHOOL Soup De Jour • Chicken Noodle Soup • Tomato, Chipotle, Lime Soup Action Station • Mexican Street Corn "Elotes" Main Entrees • Pork Carnitas Tacos • Cauliflower Tacos Starch Side. • Cilantro Rice Vegetable Side • Vegan Refried Beans • Fajita Vegetables Composed Salad. • Guacamole • Pico de Gallo Hot Sandwich • Mexicano Torta Dessert • Cinnamon Sugar Churro Soup De Jour • Chicken Noodle Soup • Tomato, Chipotle, Lime Soup Action Station • Mexican Street Corn "Elotes" Main Entrees • Pork Carnitas Tacos • Cauliflower Tacos Starch Side. • Cilantro Rice Vegetable Side • Vegan Refried Beans • Fajita Vegetables Composed Salad. • Guacamole • Pico de Gallo Hot Sandwich • Mexicano Torta Dessert • Cinnamon Sugar Churro Soup De Jour • Chicken Noodle Soup • Tomato, Chipotle, Lime Soup Action Station • Mexican Street Corn "Elotes" Main Entrees • Pork Carnitas Tacos • Cauliflower Tacos Starch Side. • Cilantro Rice Vegetable Side • Vegan Refried Beans • Fajita Vegetables Composed Salad. • Guacamole • Pico de Gallo Hot Sandwich • Mexicano Torta Dessert • Cinnamon Sugar Churro Soup De Jour • Chicken Noodle Soup • Yellow Split Pea Puree Main Entrees • Creamy Buffalo Chicken Mac & Cheese • Revved Up Macaroni & Cheese Starch Side. • Homemade Cornbread Vegetable Side • Grilled Asparagus Composed Salad. • Greek Salad, Feta, Vinaigrette Hot Sandwich • Caprese Panini Arugula, Balsamic Dessert • Gluten Free Chocolate Chip Cookie. Soup De Jour • Chicken Noodle Soup • French Onion Soup, Parmesan Croutons Main Entrees • Cheese Pizza, Cauliflower Crust • Margherita Pizza • Pepperoni Pizza Vegetable Side • Eggplant, Mozzarella Tower. Composed Salad. • Caesar Salad Hot Sandwich • Garlic Knot Dessert • Ice, Italian	11	12	13	14	15
Soup De Jour • Vegetarian Minestrone • Chicken Noodle Soup Main Entrees • Beef Bolognese Sauce • Vegan Lentil Bolognese Starch Side. • Focaccia Bread • Spaghetti Vegetable Side • Ratatouille Composed Salad. • Tuscan Kale Caesar Salad Hot Sandwich • Eggplant, Mozzarella Tower. Dessert • Small Cannoli Soup De Jour • Cream of Tomato Soup • Spicy Creamy Chicken Tortilla Soup Main Entrees • Turkey Taco Meat • Oyster Mushroom "Tinga" Starch Side. • Spanish Rice Vegetable Side • Fajita Vegetables Composed Salad. • Tomato Cucumber Salad Dessert • Fresh Fruit Platter Soup De Jour • Asparagus Leek Potato Soup • Chicken Wild Rice Soup Main Entrees • Old Fashioned Meatloaf • Garbanzo Bean Vegetable Loaf Starch Side. • Garlic Chive Mashed Potatoes Vegetable Side • Sauteed Green Beans, Garlic, Herbs Composed Salad. • Turkey Cobb, Bacon Salad, Balsamic Hot Sandwich • Beef, Thyme, Onion, Provolone Dessert • Apple Crisp Soup De Jour • Creamy Butternut Squash Soup • Chicken Bacon Corn Chowder Main Entrees • Maple, Mustard Glazed Salmon • Quinoa Stuffed Tomatoes Lower School Entrée. • House Baked Fish Sticks Starch Side. • Brown Basmati Rice Vegetable Side • Steamed Broccoli, Lemon, Thyme Composed Salad. • Kale Salad with Citrus Vinaigrette Dessert • Oatmeal Raisin Cookie Soup De Jour • Kale White Bean Soup • Chicken Noodle Soup Action Station • Chipotle, Garlic Flank Steak Main Entrees • Maple Balsamic Tofu • Roasted Chicken Wings Lower School Entrée. • Roasted Chicken Wings Starch Side. • Old Bay Roasted Potatoes Vegetable Side • Roasted Wild Mushrooms Composed Salad. • Tomato, Mozzarella Salad Hot Sandwich • Tuna Melt Dessert • Tiramisu Gourmet Cake						

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Soup De Jour

- Velvet Corn Soup
- Italian Wedding Soup

Main Entrees

- Beef Burgers
- Beef Burger, Blue Cheese, Bun
- Chipotle Black Bean Burger Patty

Starch Side.

- Baked Tater Tots

Vegetable Side

- Green Beans and Cherry Tomatoes

Composed Salad.

- Roasted Three Potato Salad

Dessert

- Miso Balsamic Grilled Peaches

19

Soup De Jour

- Curry Butternut, Coconut Soup
- Beef Barley Soup

Main Entrees

- Grilled Vegetable Kabob
- Paneer Jalfrezi (Curried Paneer)

Starch Side.

- Basmati Rice

Vegetable Side

- Sauteed Broccoli
- Chana Masala (Spicy Chickpeas)

Composed Salad.

- Spinach, Strawberry Salad

Hot Sandwich

- Portobello, Goat Cheese, Pesto

Dessert

- Gluten Free Chocolate Chip Cookie.

20

Soup De Jour

- Cream of Tomato Soup
- Chicken Bacon Corn Chowder

Main Entrees

- Grilled Cheese, Bacon
- Mozzarella Portobello Grilled Cheese

Lower School Entrée.

- Grilled American Cheese, Wheat

Starch Side.

- Baked French Fries

Vegetable Side

- Roasted Buffalo Cauliflower

Composed Salad.

- Marinated Beet Salad w/ Feta Cheese

Hot Sandwich

- BBQ Chicken, Slaw, White Wrap

Dessert

- Pineapple Mango Smoothie

21

Soup De Jour

- Cream of Broccoli Cheddar Soup
- French Onion Soup, Parmesan Croutons

Action Station

- Guacamole

Main Entrees

- Build Your Own Nacho Composed Salad.
- Southwest Caesar Salad

Hot Sandwich

- Vegetable, Pepper Hummus, WW Wrap

Dessert

- Revved Up Mixed Berry Bar

22

Soup De Jour

- Carrot Ginger Soup
- Chicken Rice Noodle Soup

Main Entrees

- Fajita Cheesesteak
- BBQ Grilled Cauliflower Steak

Starch Side.

- Warm German Bacon Potato Salad

Vegetable Side

- Sauteed Spinach and Garlic

Composed Salad.

- Radish Jicama Cucumber Salad

Dessert

- Grilled Caramelized Pineapple

25

Soup De Jour

- Cream of Cauliflower Cheddar Soup
- Chicken Noodle Soup

Main Entrees

- Chili Lime Chicken Quesadillas
- Seared Mushroom Quesadilla

Lower School Entrée.

- Cheddar Cheese Quesadilla

Starch Side.

- Cilantro Rice

Vegetable Side

- Black Bean, Roasted Corn Salsa

Composed Salad.

- Pico de Gallo
- Guacamole

Hot Sandwich

- Colombian Arepas

Dessert

- Gluten Free Chocolate Chip Cookie.

26

Soup De Jour

- Black Bean Soup
- Creamy Spicy Corn Chowder

Main Entrees

- BBQ Pulled Pork
- BBQ Tofu

Starch Side.

- Cornbread

Vegetable Side

- Braised Collard Greens

Composed Salad.

- Kale Caesar Salad, Tomatoes

Dessert

- Grilled Caramelized Pineapple

27

Soup De Jour

- Chicken Noodle Soup
- Vegetarian Minestrone

Main Entrees

- Grilled chicken breast
- Cheese Tortellini, No-Nut Pesto

Starch Side.

- Garlic Bread

Vegetable Side

- Steamed Broccoli

Composed Salad.

- Caprese Salad

Hot Sandwich

- Chicken Parmesan Hero

Dessert

- Ice, Italian

28

Soup De Jour

- Egg Drop Soup
- Kale, Miso Soup

Action Station

- Crispy Sushi Rice
- Teriyaki Pork Belly
- Pineapple Beet Poke Bowl

Main Entrees

- Beef and Broccoli Stir Fry
- Tofu, Broccoli Stir Fry

Starch Side.

- Lo Mein Noodles

Vegetable Side

- Stir Fry Vegetables

Composed Salad.

- Soba Noodle Salad with Asparagus

Dessert

- Cookies, Fortune

29

Soup De Jour

- Chicken Noodle Soup
- Vegan Lentil Soup

Main Entrees

- St. Louis BBQ Pork Ribs
- BBQ Grilled Cauliflower Steak

Lower School Entrée.

- Barbecue Chicken Drumsticks

Starch Side.

- Creamy Baked Macaroni & Cheese

Vegetable Side

- Baked Beans
- Sauteed Zucchini

Composed Salad.

- Cajun Coleslaw

Dessert

- Tajin Spiced Watermelon