



STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 5 Cubed Cheese And Crackers ● Chicken Orzo Soup ● Greek Salad ● Pimento Cheese ● Baked Rigatoni With Meatballs ● Eggplant Parmesan ● Broccoli Cauliflower Tetrzini ● Garlic French Bread ● Assorted Fresh Fruit ● Breads And Preserves ● Assorted Ice Creams | 6 Yogurts ● Carrot And Coriander Soup ● Pea And Feta Salad ● Garbanzo and Citrus ● Vegetable Stir Fry ● Hoisin Chicken ● Jasmine rice ● Snap Peas ● Assorted Fresh Fruit ● Breads And Preserves ● Fresh Baked Cookies ● Fresh Cut Fruit | 7 Pita Strips And Ranch ● Butternut Squash Soup ● Mango And Avocado ● Greens And Fiesta Sala ● Cheese Ravioli ● Lamb Provencal ● Roast Potatoes ● Steamed Spinach ● Fresh Baked Rolls ● Assorted Fresh Fruit ● Breads And Preserves ● Peach And Blueberry Crisp | 8 Wholewheat Sun Chips ● Tomato Basil Soup ● Tabbouleh ● Spinach And Blue Cheese ● Creamy Salmon Pasta ● Spinach Frittata ● Sauteed Green Beans ● Sweet Potato Mash ● Assorted Fresh Fruit ● Breads And Preserves ● Fruit Salad | 9 Whole Wheat Sun Chips ● Tortilla Soup ● Grilled Veggie Salad ● Japanese Coleslaw ● Chicken Fajitas ● Cheese And Bean Quesadillas ● Baja Rice With Vegetables ● Baked Beans ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Brownies |
| 12 Goldfish Crackers ● Cream of Broccoli Soup ● Russian Salad ● Thai Noodle Salad ● Pasta Marinara ● BBQ Chicken Wings ● Medley Of Steamed Vegetables ● Mushroom Quiche ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Fortune Cookies ● Assorted Popsicles | 13 Cheese Crackers ● Italian Minestrone Soup ● Morrocan Cous Cous ● Mexican Corn Salsa ● Vera's Meatloaf ● Roasted Potatoes ● Ray's Veggie Stew ● Steamed Broccoli ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Fresh Cut Fruit | 14 Mixed Cereals ● Corn Chowder ● Portofino Salad ● German Potato Salad ● Homemade Mac N Cheese ● Chicken Pot Pie ● Veggie Wraps ● Buttered Carrots ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Fresh Baked Sugar Free Cookies | 15 Yogurt ● Bergan Fish Soup ● Orzo Salad ● Jalapeno Pimento Cheese ● Country Scrambled Eggs ● Turkey Sausage Patties ● Mushroom Ans Asparagus ● Skillet Potatoes ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Fresh Cut Fruit Salad | 16 Carrot Sticks And Cream Cheese ● 3 Onion Soup ● Sonia's Tropical Salad ● Classic Caesar ● Tilapia Beurre Blanc ● Vegetable Paella ● Beef Hot Dogs ● Skillet Potatoes ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Assorted Ice Creams |
| 19 Sliced Fruit ● Thai Veggie Soup ● Garbanzo And Citrus ● Chefs Salad ● Swedish Meatballs ● Egg Noodles ● Buttered Carrots ● Vegetable Quiche ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Assorted Ice Creams | 20 Yogurt ● Spicy Tomato Soup ● Swiss Toss Salad ● Salmon Pasta Salad ● Vegetable Lasagna ● Cheese Ravioli ● Fresh Steamed Broccoli ● Garlic Bread ● Assorted Breads And Preserves ● Assorted Fresh Fruit ● Fresh Cut Fruit | 21 Cubed Cheese And Crackers ● Cream of Broccoli Soup ● Green Bean Salad ● Tuna Nicoise ● Tandoori Drumsticks ● Pillow Rice ● Garlic Infused Spinach ● Borracho Beans ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Bread Pudding | 22 Carrot Sticks And Ranch ● French Onion Soup ● Korean Cucumber Salad ● Strawberry And Spinach ● Roast Turkey ● Sage Stuffing & Cranberries ● Sweet Potato Puree ● Seasoned Green Peas ● Assorted Fresh Fruit ● Assorted Breads And Preserves ● Fresh Cut Fruit Salad | 23 <p style="text-align: center;">No Lunch</p> |
| EXAMS | EXAMS | EXAMS | EXAMS | EXAMS |

Highlighted menu items - Lunch for Lower School students

NOTE: All lunches include a variety of beverages. The deli always includes ham, turkey, and tuna salad. Salad Bar includes a variety of salads, toppings, and six regular & low-calorie dressings. The appropriate starch and vegetable will accompany at least two entrees daily.