



Greenhill School  
April May 2008 Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <ul style="list-style-type: none"> <li>V ● Lentil Bean Soup</li> <li>● Chicken Noodle Soup</li> <li>● <u>Caesar Salad</u></li> <li>● <u>Red Grape Chicken Salad</u></li> <li>● Chicken Fried Steak</li> <li>● Mashed Potato</li> <li>● Green Beans</li> <li>● Vegetarian Lasagna</li> <li>V ● Tomato Parmesan</li> <li>● <u>Cobbler Bar</u></li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>● Chicken Rice Soup</li> <li>V ● Cream Of Asparagus</li> <li>● <u>Avocado Salad</u></li> <li>● <u>Macaroni Salad</u></li> <li>● Ino's Chicken</li> <li>● Penne Pasta</li> <li>● Fried Eggplant</li> <li>V ● <u>Mixed Vegetables</u></li> <li>V ● <u>Fresh Vegetable Bar</u></li> <li>● Ice Cream</li> </ul>	<p>23</p> <p><b>Breakfast For Lunch</b></p> <ul style="list-style-type: none"> <li>V ● Three Bean Soup</li> <li>● <u>Hummus With Pita</u></li> <li>● <u>Citrus Salad</u></li> <li>● Scrambled Eggs</li> <li>● Sausage/Hashbrowns</li> <li>● Biscuit And Gravy</li> <li>V ● Steamed Vegetables</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Waffle Bar</u></li> <li>● Cinnamon Rolls</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>V ● Tomato Soup</li> <li>● Vegetable Soup</li> <li>● <u>Sundried Tomato Pesto Pasta Salad</u></li> <li>● <u>Red Apple Tuna Salad</u></li> <li>● Roasted Tuscan Chicken</li> <li>● Wild Rice</li> <li>V ● Fresh Spinach</li> <li>V ● Baked Squash</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Caesar Salad Bar</u></li> <li>● Rice Crispy Treats</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>V ● Pinto Bean Soup</li> <li>● Roasted Eggplant Soup</li> <li>● <u>Spinach And Strawberry Salad</u></li> <li>● <u>Dijon Chicken Salad</u></li> <li>● Fish And Chips</li> <li>V ● Broccoli And Carrots</li> <li>● Cheese Tortellini Alfredo</li> <li>● Sautéed Snap Peas</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● Baked Potato Bar</li> <li>● Chocolate Brownies</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>V ● Black Bean Soup</li> <li>● Crawfish Bisque</li> <li>● <u>Penne And Pesto Salad</u></li> <li>● <u>Cous Cous Salad</u></li> <li>● Grilled Pasto Chicken</li> <li>● White Rice</li> <li>● Asparagus Saute</li> <li>● Fettuccini Alfredo</li> <li>V ● Vegetable Stir Fry</li> <li>● <u>Yogurt Parfait Bar</u></li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>● Clam Chowder</li> <li>V ● Navy Bean Soup</li> <li>● <u>Basil and Rice Salad</u></li> <li>● <u>Cucumber and Dill Salad</u></li> <li>● Teriyaki Beef</li> <li>V ● Roasted Veggie Wrap</li> <li>● Jasmine Rice</li> <li>● Steamed Carrots</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● <u>Fresh Vegetable Bar</u></li> <li>● Cinnamon Apple Crisp</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>V ● Asparagus Soup</li> <li>● Chicken Rice Soup</li> <li>● <u>Southwest Black Bean Salad</u></li> <li>● <u>Broccoli Slaw Salad</u></li> <li>● Roasted Turkey</li> <li>● Baked Yams</li> <li>● Steamed Broccoli</li> <li>V ● Vegetable Casserole</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● <u>Loaded Potato Bar</u></li> <li>● Chocolate Chip Cookies</li> </ul>	<p>01</p> <ul style="list-style-type: none"> <li>V ● Broccoli Cheese Soup</li> <li>● Chicken Noodle Soup</li> <li>● <u>Chick Pea Salad</u></li> <li>● <u>Tomato Basil Feta Salad</u></li> <li>● Seared Salmon</li> <li>● Parsley Rice</li> <li>V ● Sautéed Green Beans</li> <li>● Grilled Hot Dogs</li> <li>● Pasta Pesto with Tofu</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Hot Dog Topping Bar</u></li> <li>● Chocolate Mousse</li> </ul>	<p>02</p> <ul style="list-style-type: none"> <li>● Potato Soup</li> <li>● Vegetable Soup</li> <li>● <u>Taco Salad</u></li> <li>● <u>Spinach Salad</u></li> <li>● Sloppy Joes</li> <li>● Seasoned Fries</li> <li>V ● Green Beans Beans</li> <li>● Pan Seared Tilipia</li> <li>● Steamed Green Beans</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Caesar Bar</u></li> <li>● Ice Cream</li> </ul>
<p>05</p> <ul style="list-style-type: none"> <li>● Chicken Tortilla Soup</li> <li>V ● Black Bean Soup</li> <li>V ● <u>Avocado Tomato Salad</u></li> <li>● <u>Shrimp Ceviche Salad</u></li> <li>● Grilled Beef and</li> <li>● Chicken Fajitas</li> <li>● Spanish Rice</li> <li>● Pinto Beans</li> <li>V ● <u>Mixed Vegetables Tofu</u></li> <li>● <u>Taco Salad Bar</u></li> <li>● Ice Cream</li> <li>CINCO DE MAYO</li> </ul>	<p>06</p> <ul style="list-style-type: none"> <li>V ● Tomato Soup</li> <li>● Chicken Spinach Soup</li> <li>● <u>Pink Grapefruit Salad</u></li> <li>● <u>Cobb Wrap</u></li> <li>● Chicken Stir Fry</li> <li>● Asian Rice</li> <li>● Green Beans</li> <li>V ● Black Bean Cakes</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Pasta Bar</u></li> <li>● Ice Cream Sandwich</li> </ul>	<p>07</p> <ul style="list-style-type: none"> <li>V ● Lentil Bean Soup</li> <li>● French Onion Soup</li> <li>● <u>Beet Salad</u></li> <li>● <u>Lemon Herb Chicken Salad</u></li> <li>● Spaghetti with Meat Sauce</li> <li>V ● Ratatouille With Dumplings</li> <li>● Sautéed Spinach</li> <li>● Garlic Bread</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Yogurt Bar</u></li> </ul>	<p>08</p> <ul style="list-style-type: none"> <li>● Potato And Leak Soup</li> <li>V ● Vegetable Soup</li> <li>● <u>Basil Potato Salad</u></li> <li>● <u>Chilled Salmon Salad</u></li> <li>● Rosemary Chicken</li> <li>● Couscous With Asparagus</li> <li>● Tuscan Roasted Peppers</li> <li>V ● Grilled Portabella Pesto</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Roasted Veggie Bar</u></li> <li>● Blueberry Peach Cobbler</li> </ul>	<p>09</p> <ul style="list-style-type: none"> <li>● Tortellini Soup</li> <li>V ● Black Bean Soup</li> <li>V ● <u>Pesto Pasta Salad</u></li> <li>● <u>Green Apple Arugula Salad</u></li> <li>● Lemon Ginger Tilapia</li> <li>● Wild Rice With Apricot</li> <li>V ● Focaccia Grilled Gouda Cheese Sandwich</li> <li>● Linguine With Eggplant</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● <u>Fresh Fruit Bar</u></li> </ul>
<p>12</p> <ul style="list-style-type: none"> <li>● Wonton Soup</li> <li>● Chicken Rice Soup</li> <li>V ● <u>Spinach Salad</u></li> <li>● <u>Asian Slaw Salad</u></li> <li>● Sweet Sour Chicken</li> <li>● White Rice</li> <li>● Vegetable Egg Roll</li> <li>V ● Vegetarian Lasagna</li> <li>V ● Tomato Parmesan</li> <li>● <u>Fortune Cookie Bar</u></li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>● Chicken Noodle Soup</li> <li>V ● Pinto Bean Soup</li> <li>V ● <u>Pesto Pasta Salad</u></li> <li>● <u>Hummus And Pita Salad</u></li> <li>● Grilled Salmon</li> <li>● Wild Rice</li> <li>● Green Beans</li> <li>V ● <u>Mixed Vegetables Tofu</u></li> <li>● <u>Greek Salad Bar</u></li> <li>● Strawberry Short Cake</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>● Cajun Gumbo</li> <li>V ● Vegetable Soup</li> <li>● <u>Chick Pea Salad</u></li> <li>V ● <u>Tomato And Basil Salad</u></li> <li>● Shrimp Etouffee</li> <li>● White Rice</li> <li>V ● Vegetable Wrap</li> <li>V ● Cauliflower Broccoli</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● <u>Pasta Bar</u></li> <li>● Brownies</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>V ● Tomato Basil Soup</li> <li>● Minestrone Soup</li> <li>● <u>Parmesan Couscous</u></li> <li>● <u>Citrus Salad</u></li> <li>● Italian Beef Macaroni</li> <li>● Caesar Wrap</li> <li>V ● Dill New Potatoes</li> <li>V ● Italian Green Beans</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>● <u>Caesar Salad Bar</u></li> <li>● Rice Crispy Treats</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>● Texas Chili Soup</li> <li>● Cheese Soup</li> <li>● <u>Taco Salad</u></li> <li>● <u>Cole Slaw Salad</u></li> <li>● Texas Hamburgers</li> <li>V ● Vegetarian Lasagna</li> <li>● Baked Beans</li> <li>● Seasoned Fries</li> <li>● <u>Assorted Fresh Fruit</u></li> <li>V ● Burger Topping Bar</li> <li>● Assorted Cookies</li> </ul>

**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, 6 regular & low-cal dressings. The appropriate starch and vegetable will accompany at least two entrees daily. All items marked with a ( V ) indicate vegetarian selections accompanied with a starch, fresh vegetable and or fruit.**

