

# Middle/Upper School Lunch Menu

October 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Food Allergies?</b> Talk to a member of the Dining Team about our Menu Options	<b>Tacos</b>	1	<b>Fried Rice Bar</b>	2	<b>SW Chicken Baguette</b>	3	<b>Pasta Bowl</b>	4	
	Look For Catch of the Day Grilled BBQ Chicken Sandwich <b>Veggie Tacos</b> Mac & Cheese Assorted Desserts	Look for Catch of the Day Meatball Sub <b>3 Bean Ragout</b> Curly Fries Assorted Desserts	Look for Catch of the Day Grilled Cheese <b>Grilled Portobello Snd</b> Tater Tots Assorted Desserts	Look for Catch of the Day Orange Chicken <b>Orange Tofu</b> Steamed Brown Rice Assorted Desserts					
<b>Chicken Finger Wrap</b>	7	<b>Beef Brisket on a Biscuit</b>	8		<b>Chili Bread Bowl</b>	10	<b>Blackjack Chicken</b>	11	
Look for Catch of the Day Rigatoni Bolognese <b>Veggie Wrap</b> Tater Tots Assorted Desserts	Look For Catch of the Day Chicken Fajita Penne Pasta <b>Roasted Veggie Couscous</b> Roasted Red Potatoes Assorted Desserts	Look for Catch of the Day Roasted Sesame Chicken Thighs <b>Veggie Chili Bowl</b> Steamed Brown Rice Assorted Desserts	Look for Catch of the Day Creamy Beef Pasta <b>Garden Blackjack Burger</b> Spicy Potato Wedges Assorted Desserts						
<b>Southwest Salad</b>	14	<b>Mac &amp; Cheese Bar</b>	15	<b>Carved Turkey</b>	16	<b>Noodle Bowl</b>	17		
Look for Catch of the Day Braised Beef Stew <b>Greens &amp; Beans</b> Steamed Brown Rice Assorted Desserts	Look for Catch of the Day Cheeseburger <b>Garden Burger</b> Tater Tots Assorted Desserts	Look for Catch of the Day Baked Manicotti <b>Vegetable Quiche</b> Mashed Potatoes Stuffing/Cranberry Sauce	Look for Catch of the Day Chicken Pasta Jambalaya <b>Tofu Noodle Bowl</b> Rice Pilaf Assorted Desserts						
<b>Burritos</b>	21	<b>Italian Chicken Sandwich</b>	22	<b>Rice Bowl</b>	23	<b>Gyros</b>	24	<b>Pizza</b>	25
Look for Catch of the Day Chicken Pesto Pasta <b>Grilled Veggie Pasta</b> Beans & Rice Assorted Desserts	Look for Catch of the Day Pepper Steak <b>Eggplant Parmesan</b> Steamed Brown Rice Assorted Desserts	Look for Catch of the Day Apricot Mustard Chicken <b>Veggie Bowl</b> Spicy Potato Wedges Assorted Desserts	Look for Catch of the Day BBQ Pulled Pork <b>Veggie Gyro</b> Mac & Cheese Assorted Desserts	Look for Catch of the Day Wing Bar <b>Veggie Pizza</b> Tater Tots Assorted Desserts					
<b>Cheesesteaks</b>	28	<b>Chicken Strip Salad</b>	29	<b>Street Tacos</b>	30	<b>Carved Bacon Porkloin</b>	31		
Look for Catch of the Day Popcorn Chicken <b>Veggie Steak Sandwich</b> Curly Fries Assorted Desserts	Look for Catch of the Day Upside Down Shepard's Pie <b>Quinoa Primavera</b> Mashed Potatoes Assorted Desserts	Look for Catch of the Day Stuffed Shells <b>Veggie Tacos</b> Spanish Rice Assorted Desserts	Salmon w/ Sage Brown Butter Apple Cider Chicken <b>Pumpkin Ravioli</b> Mashed Sweet Potatoes Balsamic Brussel Sprouts						

Remember: We strive to be 100% Peanut/Nut Free when packing lunches from home.