

# The Haverford School Lunch Menu



All Foods we prepare are steamed, baked, or sautéed. We do not deep fry foods.

Green =  
Vegetarian

Purple =  
Gluten Free



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Chicken Cheddar Ranch</b>	<b>Chili in a Bread Bowl</b>	<b>Grilled Chicken</b>	<b>Meatballs Over Penne</b>
<b>Garden Chickpea Salad</b> <b>Grilled Chicken Strips</b> Lays Chips Apple Rice Krispy Treat	<b>Veggie Chili Bowl</b> <b>Chili Bowl</b> Sunchips Orange Mini Oreos	<b>Quinoa Stuffed Pepper</b> <b>Grilled Chicken</b> Rsted Potatoes & String Beans Banana Teddy Grahams	<b>Penne Greens &amp; Beans</b> <b>GF Penne w/ Meatsauce</b> Popcorn Apple Slices Nutrigrain Bar
<b>Cheeseburger</b>	<b>Chicken Parm Sandwich</b>	<b>Asian Pepper Steak</b>	<b>Hot Roast Beef Sandwich</b>
<b>Garden Burger</b> <b>Cheeseburger on GF Roll</b> Lays Chips Apple Rice Krispy Treat	<b>Mediterranean Quinoa Salad</b> <b>Grilled Chicken Parm on GF</b> Sunchips Orange Mini Oreos	<b>Asian Tofu</b> <b>Asian Pepper Steak</b> Rice & Broccoli Banana Teddy Grahams	<b>Stuffed Portobello</b> <b>Hot Roast Beef on GF Bun</b> Popcorn Apple Slices Nutrigrain Bar
<b>Chicken Fingers</b>	<b>Turkey BLT</b>	<b>Cheesesteaks</b>	<b>BBQ Pork Mac &amp; Cheese</b>
<b>Mediterranean Salad</b> <b>Grilled Chicken on GF Bun</b> Lays Chips Apple Rice Krispy Treat	<b>Whitebean Salad LT</b> <b>Turkey BLT on GF Bun</b> Sunchips Orange Mini Oreos	<b>Grilled Veggie steak</b> <b>Cheesesteaks on GF Roll</b> Gogurt Banana Teddy Grahams	<b>BBQ Tofu Mac &amp; Cheese</b> <b>BBQ Pork &amp; GF Mac &amp; Cheese</b> Popcorn Apple Slices Nutrigrain Bar

**Disclaimer: Our Gluten Free menu is prepared in a facility that also prepares recipes with Gluten**

**FRIDAY**

**Turkey Hoagie**

**Hummus Veggie Wrap**

**Turkey Hoagie on GF Roll**

Kettle Chips

Fruit Cup

Cookies

**Italian Hoagie**

**Roasted Veggie Hoagie**

**Italian Hoagie on GF Roll**

Kettle Chips

Fruit Cup

Cookies

**Chicken Caesar Hoagie**

**Grilled Tofu Caesar Salad**

**Chicken Caesar on GF Roll**

Kettle Chips

Fruit Cup

Cookies