

The Blake School

Upper School Lunch Menu

December
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Chicken Chop Suey Lo Mein Noodles Egg Roll Roasted Broccoli Sausage & Fennel Pizza Snap Pea & Pineapple Salad Bean & Rice Power Bowl Fortune Cookie</p>	<p>2</p> <p>Oven Roasted Chicken Roasted Spaghetti Squash Buttered Brussel Sprouts Mediterranean Veggie Pita Chickpea Curry Power Bowl Fruited Spinach Salad w/ Maple Balsamic Dressing Sugar Cookie</p>
<p>5</p> <p>Italian Goulash Sautéed Green Beans Garlic Breadstick Sausage, Egg & Cheese Breakfast Sandwich Vegan Power Bowl Marinated Vegetable Salad Ice Cream Treat</p>	<p>6</p> <p>Turkey Tetrazzini Roasted Parmesan Tomatoes Taher Sausage Pizza Shrimp & Pesto Power Bowl Apple Pear Salad Chocolate Crumble Bar</p>	<p>7</p> <p>Lemon Thyme Chicken Breast Lemon and Herb Tofu Steak Herbed Quinoa Steamed Broccoli Italian Meatball Sub Southwest Bean Power Bowl Greek Salad Chocolate Chip Cookie</p>	<p>8</p> <p>Beef Bulgogi Steamed Rice Roasted Zucchini Caprese Pizza Veggie & Egg Power Bowl Bangkok Noodle Salad Rice Krispy Bar</p>	<p>9</p> <p>Sloppy Joe French Fries Steamed Corn Breakfast Egg Bake Orange Cole Slaw Vegan Sushi Power Bowl Snickerdoodle Cookie</p>
<p>12</p> <p>Parmesan Crusted Fish Fillet Creamy Polenta Sautéed Swiss Chard BLT Sandwich Southwest Quinoa Power Bowl Confetti Ham Pasta Salad Ice Cream Treat</p>	<p>13</p> <p>Beef Stroganoff Egg Noodles Steamed Peas Cowboy Pizza Herb Roasted Power Bowl Caprese Salad Molasses Cookie</p>	<p>14</p> <p>Cranberry Glazed Turkey Roast Mashed Sweet Potatoes Sautéed Green Beans Mushroom Veggie Burger Mediterranean Power Bowl Fruited Wheatberry Salad Pumpkin Bar</p>	<p>15</p> <p>Kielbasa & Penne Pasta Bell Pepper & Mushroom Medley Kale Caesar Salad Chicken Alfredo Pizza Tomato Ragu Power Bowl Ganache Brownie</p>	<p>16</p> <p>Baked Potato Bar Roasted Broccoli Homemade Beef Chili Asian Chicken Wrap Vegan Power Bowl Citrus Jicama Salad Oatmeal Cookie</p>
<p>19</p> <p>Winter Break</p>	<p>20</p> <p>Winter Break</p>	<p>21</p> <p>Winter Break</p>	<p>22</p> <p>Winter Break</p>	<p>23</p> <p>Winter Break</p>
<p>26</p> <p>Winter Break</p>	<p>27</p> <p>Winter Break</p>	<p>28</p> <p>Winter Break</p>	<p>29</p> <p>Winter Break</p>	<p>30</p> <p>Winter Break</p>

PRICES

EXTRA INFO

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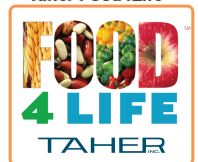
Brett Weber
Executive Chef
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HARVEST OF



THE MONTH

Menus and nutrition
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