



The Haverford School

Upper & Middle School Dining

September 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep 1	Sep 2	Sep 3	Sep 4

PEAK PERFORMANCE BOWL THIS WEEK —Smokehouse Beef & Chickpea Bowl

Sep 7 Labor Day — No School	Sep 8	Sep 9 Crispy Chicken & Waffles General Tso's Beef Vegan: Chicken Fingers <i>Fish available daily</i> Jasmin Rice	Sep 10 Power Bowl Meatball Sub Vegan: Tofu Power Bowl <i>Fish available daily</i> Pasta w/ Tomato Sauce	Sep 11 Blackjack Chicken Stuffed Shells Vegan: Blackjack Chicken <i>Fish available daily</i> Tater Tots
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PEAK PERFORMANCE BOWL THIS WEEK —Asian Inspired

Sep 14 Asian Rice Bowl Dijon Roast Pork Loin Vegan: Tofu Rice Bowl <i>Fish available daily</i> Vegetable Eggroll	Sep 15 Fajitas Pasta Bolognese Vegan: Veggie Fajitas <i>Fish available daily</i> Penne Tomato Sauce	Sep 16 Southwest Chicken Sandwich Sausage, Peppers & Onion Vegan: SW Chicken Sandwich/Salad <i>Fish available daily</i> French Fries	Sep 17 Roast Beef Sandwich Lemon Herbed Chicken Breast Vegan: Beef Sandwich <i>Fish available daily</i> Jasmine Rice	Sep 18 Blackjack Burger Popcorn Chicken Vegan: Black Bean Burgers <i>Fish available daily</i> French Fries
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PEAK PERFORMANCE BOWL THIS WEEK — Western Wedge Chicken Bowl

Sep 21 No Dining Service	Sep 22 Steak Wrap BBQ Chicken Thighs Vegan: Veggie Wrap <i>Fish available daily</i> Yellow Rice	Sep 23 Street Tacos Szechuan Pork Stir Fry Vegan: Veggie Street Tacos <i>Fish available daily</i> Quinoa	Sep 24 Mac & Cheese Bar Chicken Fingers Vegan: Chicken Fingers <i>Fish available daily</i> French Fries	Sep 25 Roast Pork Sandwich Burgers Vegan: Garden Burger <i>Fish available daily</i> Tater Tots
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PEAK PERFORMANCE BOWL THIS WEEK — Southern BBQ

Sep 28 Bao Buns Grilled Sweet Chili Chicken Thighs Vegan: Tofu Bao Buns <i>Fish available daily</i> Orzo	Sep 29 Boneless Wing Bar Grilled Cheese Sandwich Vegan: Mongolian Tofu <i>Fish available daily</i> Brown Rice French Fries	Sep 30 Grilled Chicken Sandwich Cheese Ravioli, Meatballs/Sausage Vegan: Chicken Sandwich <i>Fish available daily</i>
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Peak Performance Station — one option rotates each week

Smokehouse Beef & Chickpea Bowl — Protein packed with seasoned beef and chickpeas tossed with smoky spices and roasted vegetables

Asian-Inspired — Grilled ginger-soy chicken, jasmine or brown rice, edamame, variety of toppings.

Western Wedge Chicken Bowl — Seasoned potato wedges topped with chicken, cheese and tomato relish

Southern BBQ— Grilled or roasted chicken (clean BBQ rub), brown rice or quinoa, black-eyed peas, variety of toppings.

Italian — Grilled lean chicken or turkey with light marinara, garlic herb quinoa or orzo, white beans, variety of toppings.

September Highlights: National Food Month—Honey · Fresh Pick, Tried It — Kale Guacamole Day Sept 16 · Cheeseburger Day Sept 18

BiteScience: Nutrient Best Friends — Vitamin C + Iron. Pairing vitamin C-rich foods with iron-rich foods helps your body absorb iron more efficiently.