



The Haverford School

Upper & Middle School Dining

October 2026 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

PEAK PERFORMANCE BOWL THIS WEEK — BBQ/Southern

Oct 1

Burrito

Grilled Teriyaki Chicken

Vegan: Veggie Burrito

Fish available daily

Brown Rice

KALE DAY

Oct 2

Blackjack Burger

Cheese Lasagna, Meatballs

Vegan: Garden Blackjack Burger

Fish available daily

Tater Tots

PEAK PERFORMANCE BOWL THIS WEEK — Italian

Oct 5

Pasta Bowl

General Tso's Chicken

Vegan: General Tso's Tofu

Fish available daily

Brown Rice, Vegetable Eggroll

Oct 6

Taco's

Herb Roasted Chicken Thighs

Vegan: Veggie Tacos

Fish available daily

Lemon & Herb Couscous

TACO DAY

Oct 7

Chicken BLT Wrap

Sweet Chili Pork

Vegan: Chicken Wrap

Fish available daily

Pierogis

Oct 8

Chili Bread Bowl

Chicken Penne w/ Pumpkin Alfredo

Vegan: Chili Bowl

Fish available daily

Garlic Breadsticks, Brown Rice

Pumpkin

Oct 9

Chicken Po' Boy

Korean BBQ Beef

Vegan: Po' Boy

Fish available daily

Jasmine Rice

PEAK PERFORMANCE BOWL THIS WEEK — Seoul Street Gricia

Oct 12

No Dining Service

Oct 13

Gyro's

Szechuan Pork Stir Fry

Vegan: Falafel Gyro

Fish available daily

Jasmin Rice

Oct 14

Noodle Bar

Burgers

Vegan: Garden Burger, Tofu Noodle Bowl

Fish available daily

Spicy Curry Fries

Oct 15

Nacho Bar

Sweet n' sour Chicken

Vegan: Veggie Nachos

Fish available daily

Jasmin Rice

Hispanic
Heritage
Month

Oct 16

Italian Chicken Sandwich

Beef Pot Roast

Vegan: Chicken Sandwich

Fish available daily

Mashed Potatoes

PEAK PERFORMANCE BOWL THIS WEEK — Mediterranean

Oct 19

Cheesesteaks

Chicken & Waffles

Vegan: Chicken & Waffles

Fish available daily

French Fries

Oct 20

Mediterranean Bowl

Stuffed Shells, Beef Meatballs

Vegan: Hummus Med. Bowl

Fish available daily

Garlic Bread Stick

Oct 21

Tater Tot Bar

Pepper Steak

Vegan: Sweet & Sour Tofu

Fish available daily

Brown Rice

Oct 22

Breakfast Bowl

Chicken Patty Sandwich

Vegan: Chicken Sandwich

Fish available daily

Potato Wedges

Nashville Hot
Pizza

Oct 23

No Dining Service

PEAK PERFORMANCE BOWL THIS WEEK — Shoyu Chicken Potsticker Soup with Corn

Oct 26

OKTOBERFEST

Oktoberfest Sausage Bar

Grilled BBQ Chicken

Vegan: Sausage

Fish available daily

Lemon & Herb Couscous

Oct 27

Beef Brisket on Biscuit

Chicken Fingers

Vegan:

Fish available daily

French Fries

Oct 28

Power Bowl

Meatball Sub

Vegan: Tofu Power Bowl

Fish available daily

Pasta w/ Tomato Sauce

Oct 29

Blackjack Chicken

BBQ Pulled Pork

Vegan: Blackjack Chicken

Fish available daily

Tater Tots

Oatmeal Day

Oct 30

Franken Burger Station

Dijon Roast Pork Loin

Vegan: Pumpkin Ravioli

Fish available daily

Skinny Fries

Halloween

Peak Performance Station — one option rotates each week

1-Mexican — Grilled Mexican-spiced lean ground beef or turkey, cilantro lime brown rice, black beans, variety of toppings.

2-Mediterranean — Grilled lemon-herb chicken, turmeric quinoa or rice pilaf, chickpeas, variety of toppings.

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

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

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

October Highlights: National Pumpkin Month · Fresh Pick, Tried It—Mushrooms · National Kale Day Oct 1 · National Taco Day Oct 6

Oktoberfest: Celebrate the season Oct 26 with our Oktoberfest Sausage Bar — grilled sausages, soft pretzels & German-style toppings.

Menu items subject to change · Vegan/vegetarian options available daily