

September 1-5

2025

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

Broccoli



Fun Broccoli Facts

- contains vitamin A, C, and K as well as folate, potassium, and fiber
- was cultivated around 6th century bc in ancient Rome

01 Monday	02 Tuesday	03 Wednesday	04 Thursday	05 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL
L	Coney Island Dog	Korean Beef	Steak Salad	Orange Chicken
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
B	Breakfast Burrito	Patty Melt	Impossible Burger	Sliders Burgers
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
O	Beef Bolognese	Macaroni and Cheese	Cheese Tortellini	Salmon with Caper Sauce
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
R	Pollo Loco	Chili Verde	Vegetarian Quessadilla	Maui Fish Tacos
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
gf	gf	gf	gf	gf
A	BBQ Pulled Pork	Jamaican Chicken Brown Stew	Lamb Kofta	Marinated Seared Beef and Potatoes
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
gf	gf	gf	gf	gf
Y	Yellow Thai Curry	Shakshuka	Shoyu Tofu	Split Pea Curry

Gluten Free Options Upon Request or
Check out the Gluten Free Zone

Vegetarian 

Produce of the Month



August 25-29

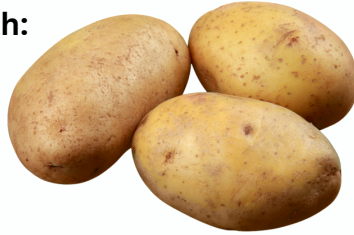
2025

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI, & DESSERTS

Produce of the Month:

Potatoes



Potato Fun Facts

- contain vitamins and minerals, including vitamin b, potassium, and vitamin c
- 20% of potatoes nutrients come from the skin
- only 110 calories per serving

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL
Greek Salad with Pita Chips	All American Hot Dog or Veggie Dog with Chips	Reuben Sandwich or Vegetarian Reuben	Pork Chop with Scalloped Potatoes	Fried Clams Coleslaw and Hushpuppies
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
Breakfast Sandwich	Savory Turkey Burger	Cowboy Burger	Teriyaki Pineapple Burger	Fish Sandwich
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
Cheese Lasagna with Bread Sticks	Sundried Pesto Pasta	Spaghetti and Meatballs	Pasta Carbonara Sauce	Chicken Tuscan Style
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
Bean and Cheese Burrito	Mexicana Chicken Bowl	Carnitas	Mole Chicken Enchiladas	Potato Flautas
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
gf BBQ Ribs	gf Beef Broccoli	gf Lemon Roasted Chicken	gf Turkey and Gravy	gf Herb Pork Loin
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
gf Curried Chickpeas	gf Ma Po Tofu	gf Cuban Black Beans and Plantains	gf Ratatouille with Bread for Dipping	gf BBQ Brussel Spouts

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Vegetarian 

Produce of the Month



September 8-12

2025

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

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08 Monday	09 Tuesday	10 Wednesday	11 Thursday	12 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL
Pigs in a Blanket with BBQ Baked Beans	Maple Glazed Pork Loin with Roasted Sweet Potatoes	Beef Broccoli	Crispy Chicken Honey Mustard	Bahn Mi
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
Egg McMuffin	Pub Style Burger	Vegetarian Pocket	BBQ Bacon Burger	Sourdough Burger
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
Cheese Lasagna with Bread Sticks	Sundried Pesto Pasta	Spaghetti and Meatballs	Pasta Carbonara Sauce	Chicken Tuscan Style
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
Bean and Cheese Burrito	Mexicana Chicken Bowl	Carnitas	Mole Chicken Enchiladas	Potato Flautas
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
gf BBQ Ribs	gf Beef Broccoli	gf Lemon Roasted Chicken	gf Turkey and Gravy	gf Herb Pork Loin
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
gf Curried Chickpeas	gf Ma Po Tofu	gf Cuban Black Beans and Plantains	gf Ratatouille with Bread for Dipping	gf BBQ Brussel Spouts

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Vegetarian



Produce of the Month



September 15-19

2025

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

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26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL	CHEF'S GRILL
N.Y Style Frankfurters	Quiche with Cauliflower and Cheddar with Fresh Market Salad	Italian Style Muffaletta Sandwich Meat or Veggie	Vegetable Medley with Corn Muffins	Salisbury Steak with Mashed Potatoes
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
Breakfast Sandwich	Savory Turkey Burger	Cowboy Burger	Teriyaki Pineapple Burger	Fish Sandwich
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
Cheese Lasagna with Bread Sticks	Sundried Pesto Pasta	Spaghetti and Meatballs	Pasta Carbonara Sauce	Chicken Tuscan Style
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
Bean and Cheese Burrito	Mexicana Chicken Bowl	Carnitas	Mole Chicken Enchiladas	Potato Flautas
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
gf BBQ Ribs	gf Beef Broccoli	gf Lemon Roasted Chicken	gf Turkey and Gravy	gf Herb Pork Loin
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
gf Curried Chickpeas	gf Ma Po Tofu	gf Cuban Black Beans and Plantains	gf Ratatouille with Bread for Dipping	gf BBQ Brussel Spouts

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Produce of the Month

