

November 4 - November 8 2024

UPPER SCHOOL

ALL MEALS INCLUDE HOT SOUP, SALAD BAR, SEASONAL FRUIT, PIZZA & DESSERT

Produce of the Month:

Root Vegetables



These vegetables are actually the energy-storage facilities of the plants. They're stocked with carbs and sugars to feed the leaves above ground. The exact balance between sugar, starch and water determines how sweet the root is — from mellow carrots to spiky radishes, from potatoes to peppery turnips.

Gluten Free
Options Upon
Request

gf

Vegetarian

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Produce of
the Month

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
CHEF'S GRILL Orange Chicken Steamed Rice Green Beans	CHEF'S GRILL gf BBQ Pulled Pork Macaroni and Cheese Hawaiian Rolls	CHEF'S GRILL gf Cajun Turkey Mashed Sweet Potatoes Sauteed Mixed Greens	CHEF'S GRILL gf Greek Chicken Couscous Seasonal Vegetables	CHEF'S GRILL Swedish Meatballs Egg Noodles Sauteed Peas
VEGGIE CAFE gf Cheese Tamales Baja Fishless Filet Taco	VEGGIE CAFE gf Butter Paneer Creamy Coconut Lentil Curry	VEGGIE CAFE gf Sticky Sesame Tempeh Vegan Singapore Noodles	VEGGIE CAFE gf Open Faced Eggplant Sandwich with Ricotta and Pickled Onions Mushroom Farro with Umami Broth	VEGGIE CAFE gf Blackened Tofu with Creamy Grits Apple Pumpkin Baked Oatmeal
BISTRO GARDEN gf DELI BAR EVERYDAY! Rosemary Garlic Lamb Shoulder	BISTRO GARDEN gf Smoked Brisket Sausage	BISTRO GARDEN Sweet and Sour Pork	BISTRO GARDEN gf Grilled Coffee Rubbed Tri-Tip	BISTRO GARDEN gf Low Country Stew Chicken
MEXICAN FIESTA gf Closed For Eagle Buddies	MEXICAN FIESTA gf Chicken Tostada with Refried Beans Lentil Tacos	MEXICAN FIESTA gf Carne Guisada Bean and Cheese Chimchanga	MEXICAN FIESTA gf Ancho Rubbed Lamb with Mint Yogurt Veggie Croquettes in Ranchero Sauce	MEXICAN FIESTA gf Pork Pernil Mushrooms al Ajillo
CHOWDA HOUSE gf Grilled Haddock with Lemon Caper Sauce	CHOWDA HOUSE New England Clam Chowder in a Bread Bowl	CHOWDA HOUSE Crab Fried Rice with Spring Rolls	CHOWDA HOUSE gf Brown Sugar Glazed Salmon	CHOWDA HOUSE gf Creamy Clam Dip with Potato Chips
BURGERLAND gf VEGGIE BURGER EVERYDAY! Korean BBQ Riblet	BURGERLAND gf Sweet Chili Turkey Burger	BURGERLAND gf Grilled Chicken with Gochujang Slaw	BURGERLAND gf French Dip with Sauteed Peppers and Onions	BURGERLAND gf Spicy Dijon Pork Chop Sandwich
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Tomato and Herb Sauce	TASTE OF ITALY Cheese Manicotti with Mainara	TASTE OF ITALY Ratatouille Marinara	TASTE OF ITALY Roasted Red Pepper Pesto	TASTE OF ITALY Bacon Mushroom Alfredo