

September 1 - September 5

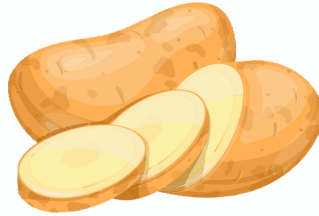
2025

UPPER SCHOOL

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

Produce of the Month:

Potatoes



The potato is about 80% water and 20% solids. An 8 ounce baked or boiled potato has only about 100 calories. The average American eats about 124 pounds of potatoes per year while Germans eat about twice as much.

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday
	<div>CHEF'S GRILL</div> <div>gf</div> <div></div>	<div>CHEF'S GRILL</div> <div>gf</div> <div>Rosemary Garlic Pork with Creamy Mushroom Gravy Parmesan Orzo Roasted Broccoli</div>	<div>CHEF'S GRILL</div> <div>gf</div> <div>Yellow Chicken Curry Basmati Rice Warm Naan</div>	<div>CHEF'S GRILL</div> <div>gf</div> <div>Crispy Buffalo Chicken Bites Macaroni and Cheese Glazed Ranch Carrots</div>	<div>CHEF'S GRILL</div> <div>gf</div> <div>Ground Turkey Meatloaf Scalloped Potatoes Sweet Peas</div>				
	<div>VEGGIE CAFE</div> <div>gf</div> <div><div>WISH YOU A HAPPY LABOR DAY</div></div>	<div>VEGGIE CAFE</div> <div>gf</div> <div>Vegan Chickpea Frittata Muffin Warm Mixed Mushroom and Wild Rice Salad</div>	<div>VEGGIE CAFE</div> <div>gf</div> <div>Caramelized Fennel and White Bean Stew Tofu Satay with Soybutter Sauce</div>	<div>VEGGIE CAFE</div> <div>gf</div> <div>Twice Baked Shepherd's Pie Avocado Tartine with Wasabi Ginger Beets</div>	<div>VEGGIE CAFE</div> <div>gf</div> <div>BBQ Vegetable Pinwheel Tofu Scramble with Avocado Salsa Verde</div>				
	<div>BISTRO GARDEN</div> <div>DELI BAR EVERYDAY!</div> <div>gf</div> <div>Labor Day!</div> <div>No School</div>	<div>BISTRO GARDEN</div> <div>gf</div> <div>Mixed Sausage with Brussel Sprout and Apple Hash</div>	<div>BISTRO GARDEN</div> <div>gf</div> <div>Roasted Lamb Shoulder (Agnello de Latte Arrosto)</div>	<div>BISTRO GARDEN</div> <div>gf</div> <div>Marinated Teres Major with Tiger Sauce</div>	<div>BISTRO GARDEN</div> <div>gf</div> <div>Honey Soy Glazed Pork Loin</div>				
	<div>MEXICAN FIESTA</div> <div>gf</div> <div><div></div></div>	<div>MEXICAN FIESTA</div> <div>gf</div> <div>Chipotle Chicken Tacos Butternut Squash Tacos</div>	<div>MEXICAN FIESTA</div> <div>gf</div> <div>Beef Empanadas Tofu Ranchero</div>	<div>MEXICAN FIESTA</div> <div>gf</div> <div>Pork with Nopales in Salsa Verde Cauliflower in Salsa Verde</div>	<div>MEXICAN FIESTA</div> <div>gf</div> <div>Chicken Asado Esquites</div>				
	<div>CHOWDA HOUSE</div> <div>gf</div> <div></div>	<div>CHOWDA HOUSE</div> <div>gf</div> <div>Honey Walnut Shrimp with Steamed Rice</div>	<div>CHOWDA HOUSE</div> <div>gf</div> <div>Maple Dijon Salmon over Corn Succotash</div>	<div>CHOWDA HOUSE</div> <div>gf</div> <div>Spicy Stir-Fried Thai Basil Clams with Grilled Bread</div>	<div>CHOWDA HOUSE</div> <div>gf</div> <div>Blackened Fish over Potato Hash</div>				
	<div>BURGERLAND</div> <div>VEGGIE BURGER EVERYDAY!</div> <div>gf</div> <div></div>	<div>BURGERLAND</div> <div>gf</div> <div>Gyro with Spicy Tomato Onion Jam and Feta</div>	<div>BURGERLAND</div> <div>gf</div> <div>French Onion Soup Turkey Burger</div>	<div>BURGERLAND</div> <div>gf</div> <div>Salmon BLT with Chili Crisp Aioli</div>	<div>BURGERLAND</div> <div>gf</div> <div>Crispy Chicken Caesar Sandwich on Garlic Bread</div>				
	<div>TASTE OF ITALY</div> <div>GLUTEN FREE PASTA EVERYDAY!</div> <div></div>	<div>TASTE OF ITALY</div> <div>Three Cheese Manicotti</div>	<div>TASTE OF ITALY</div> <div>Creamy Butternut Squash Alfredo</div>	<div>TASTE OF ITALY</div> <div>Mediterranean Vegetable Tomato Sauce</div>	<div>TASTE OF ITALY</div> <div>Lemon Caper Cream Sauce</div>				