

August 25 - August 29

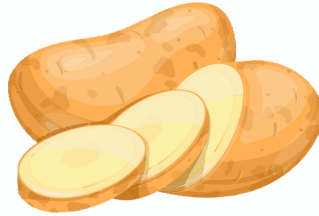
2025

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



25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
CHEF'S GRILL Sweet Chili Turkey Steamed Rice Green Beans	CHEF'S GRILL Lemon Butter Pork Garlic and Herb Couscous Steamed Broccoli	CHEF'S GRILL Bang Bang Chicken and Rice Bowl Sauteed Bok Choy	CHEF'S GRILL Tomato Braised Beef Cheesy Polenta Roasted Mushrooms	CHEF'S GRILL Cheese Lasagna Garlic Bread sticks Grilled Zucchini
VEGGIE CAFE Green Shakshuka Indian Butter Chickpeas	VEGGIE CAFE Butternut Squash Tartine with Lemon Ricotta Brinjal Curry	VEGGIE CAFE Garlicky Asian Eggplant Sweet Korean Lentils with Steamed Rice	VEGGIE CAFE Miso Mushroom Crispy Rice Bread Upma	VEGGIE CAFE Coconut and Squash Dhansak Gochujang Buttered Noodles
BISTRO GARDEN DELI BAR EVERYDAY! Smoked Paprika Chicken Thighs	BISTRO GARDEN Grilled Balsamic Beef with Focaccia	BISTRO GARDEN Vietnamese Chile Pork with Roasted Brussel Sprouts	BISTRO GARDEN Cajun Butter Turkey	BISTRO GARDEN Braised Lamb with Fennel and Shallots
MEXICAN FIESTA Chorizo Chilaquiles with Scrambled Eggs Vegetarian Chilaquiles	MEXICAN FIESTA Chicken in Creamy Poblano Sauce with Cornbread Chile Rellenos	MEXICAN FIESTA Lamb Barbacoa Mushroom Carnitas	MEXICAN FIESTA Chicken Mole Battered Cauliflower with Serrano Lime Crema	MEXICAN FIESTA Shredded Pork Chilorio Mexican Style Sweet Potato with Black Bean Salsa
CHOWDA HOUSE Scallop Pad Thai with Spring Rolls	CHOWDA HOUSE Grilled Fish with Cherry Tomato Chimichurri	CHOWDA HOUSE Roasted Cod over Lemon Parmesan Risotto	CHOWDA HOUSE Al Pastor Shrimp Tacos with Cilantro Lime Slaw	CHOWDA HOUSE Chili Crisp Salmon Bowl with Mango Avocado Salsa
BURGERLAND VEGGIE BURGER EVERYDAY! Ciabatta Boursin Breakfast Sandwich	BURGERLAND Elote Dog with Crispy Tortilla Strips	BURGERLAND Fried Fish Sandwich with Lobster Mayo	BURGERLAND Ohio Shredded Chicken Sandwich	BURGERLAND Turkey Burger with Cranberry Mustard, Arugula, and Pickled Onions
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY! Pasta with Herb Pomodoro Sauce	TASTE OF ITALY Spinach and Roasted Pepper Alfredo	TASTE OF ITALY Spaghetti Carbonara	TASTE OF ITALY Gnocchi with Pesto and Broccoli	TASTE OF ITALY Sausage Stuffed Shells with Cheesy Marinara