

May 25 - May 29

2026

UPPER SCHOOL

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

Produce of the Month:

Berries



Cucumbers originate from south East Asia. They can be up to 2 foot long! China produces 76% of cucumber and gherkin production in the world. A raw cucumber is actually 95% water. They can cool the body and the blood, which gave rise to the phrase 'cool as a cucumber'.

Gluten Free
Options Upon
Request



Vegetarian



Produce of
the Month



25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday
CHEF'S GRILL	CHEF'S GRILL Seasoned Chicken Tenders Garlic Butter Rice Roasted Broccoli	CHEF'S GRILL gf Beef Meatloaf Cheddar Chive Mashed Potatoes Sauteed Peas	CHEF'S GRILL gf Blackened Chicken Creamed Corn Buttermilk Biscuit	CHEF'S GRILL gf Mongolian Pork Steamed Rice Vegetarian Spring Rolls
VEGGIE CAFE gf MEMORIAL DAY	VEGGIE CAFE gf Vegan Summer Succotash Vegan Farro Bowl	VEGGIE CAFE gf Lemony Chickpea Stir Fry Turkish Doner Kebab	VEGGIE CAFE gf Dilled Vegetable Toast Stewed Eggplant, Tomatoes, and Lentils	VEGGIE CAFE gf Delhi Chaat Chef's Choice
BISTRO GARDEN gf DELI BAR EVERYDAY! NO SCHOOL	BISTRO GARDEN gf Maple Glazed Pork Loin with Sauteed Apples	BISTRO GARDEN gf Filipino Chicken Adobo	BISTRO GARDEN gf Swordfish with Za'atar and Preserved Lemon	BISTRO GARDEN gf Korean Braised Beef with Bok Choy
MEXICAN FIESTA gf	MEXICAN FIESTA gf Carne con Papas Spicy Elote Empanadas	MEXICAN FIESTA gf Pork Rib Adobo Chef's Choice	MEXICAN FIESTA Steak Torta Vegetarian Torta	MEXICAN FIESTA Chicken con Crema Bean and Cheese Burrito
CHOWDA HOUSE gf	CHOWDA HOUSE gf Mussels and Clams in a Thai Red Curry Broth	CHOWDA HOUSE Mixed Seafood in a White Butter Sauce	CHOWDA HOUSE gf Spring Onion and Ginger Fish	CHOWDA HOUSE gf Bay Scallop Birynai
BURGERLAND gf VEGGIE BURGER EVERYDAY!	BURGERLAND gf Chef's Choice	BURGERLAND gf Chef's Choice	BURGERLAND gf Chef's Choice	BURGERLAND gf Chef's Choice
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY!	TASTE OF ITALY Tomato, Fennel, and White Bean	TASTE OF ITALY Artichoke Florentine Alfredo	TASTE OF ITALY Chef's Choice	TASTE OF ITALY Marinara Sauce