

# June 1 - June 5

## 2026

## UPPER SCHOOL

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

Produce of the Month:

# Watermelon



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


gf

Vegetarian

V

Produce of  
the Month



1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
<b>CHEF'S GRILL</b> gf <b>Lemon Pepper Chicken</b> <b>Scalloped Potatoes</b> <b>Roasted Vegetables</b>	<b>CHEF'S GRILL</b> gf <b>All Beef Hot Dogs</b> <b>French Fries</b> <b>Baked Beans</b>	<b>CHEF'S GRILL</b> <b>Chicken Tenders</b> <b>Rice Pilaf</b> <b>Vegetable Medley</b>	<b>CHEF'S GRILL</b> gf 	<b>CHEF'S GRILL</b> 
<b>VEGGIE CAFE</b> gf <b>Spinach, Feta, and Rice Casserole</b>  <b>Sambar with Warm Bread</b>	<b>VEGGIE CAFE</b> gf <b>Spicy Tofu Rice Bowl with Edamame</b>  <b>Vegetarian Stromboli</b>	<b>VEGGIE CAFE</b> gf <b>Vegan Sausage and Potato Hash</b>  <b>Chef's Choice</b>	<b>VEGGIE CAFE</b> gf <b>Last Day of School</b>	<b>VEGGIE CAFE</b> gf 
<b>BISTRO GARDEN</b> gf <b>DELI BAR EVERYDAY!</b>  <b>Pork Tenderloin</b>	<b>BISTRO GARDEN</b> gf  <b>Chicken Thighs</b>	<b>BISTRO GARDEN</b> gf  <b>Ground Beef</b>	 <b>BISTRO GARDEN</b> gf	<b>BISTRO GARDEN</b> gf
<b>MEXICAN FIESTA</b> gf  <b>Chef's Choice</b>	<b>MEXICAN FIESTA</b> gf  <b>Chef's Choice</b>	<b>MEXICAN FIESTA</b> gf  <b>Chef's Choice</b>	<b>MEXICAN FIESTA</b>  <b>No Lunch</b>	<b>MEXICAN FIESTA</b>
<b>CHOWDA HOUSE</b> gf  <b>Furikake Crusted Fish</b>	<b>CHOWDA HOUSE</b> gf  <b>Red Curry Shrimp</b>	<b>CHOWDA HOUSE</b>  <b>Closed</b>	<b>CHOWDA HOUSE</b> gf	<b>CHOWDA HOUSE</b> gf
<b>BURGERLAND</b> gf <b>VEGGIE BURGER EVERYDAY!</b>  <b>Closed</b>	<b>BURGERLAND</b> gf  <b>Closed</b>	<b>BURGERLAND</b> gf  <b>Closed</b>	<b>BURGERLAND</b> gf	<b>BURGERLAND</b> gf
<b>TASTE OF ITALY</b> <b>GLUTEN FREE PASTA EVERYDAY!</b>  <b>Creamy Chipotle Pesto</b>	<b>TASTE OF ITALY</b>  <b>Chunk Vegetable Marinara</b>	<b>TASTE OF ITALY</b>  <b>Chef's Choice</b>	<b>TASTE OF ITALY</b>	<b>TASTE OF ITALY</b> 