

# May 6 - May 10 2024

# UPPER SCHOOL

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

Produce of the Month:

## Berries



On April 28 each year, the nation celebrates blueberry pie. They also celebrate National Blueberry Muffin Day on July 11. Given that blueberries are such a nutritional powerhouse, we think it's well warranted.

Gluten Free  
Options Upon  
Request



Vegetarian



Produce of  
the Month



6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday
	<div>CHEF'S GRILL</div> <div>Beef and Broccoli Steamed Rice Chicken Potstickers</div>	<div>CHEF'S GRILL</div> <div>Chicken Parmesan Creamy Garlic Shells Italian Vegetable Medley</div>	<div>CHEF'S GRILL</div> <div>Pork Adobado Spanish Rice Pinto Beans</div>	<div>CHEF'S GRILL</div> <div>All Beef Hot Dogs French Fries Corn on the Cob</div>	<div>CHEF'S GRILL</div> <div>Greek Lemon Chicken Couscous Roasted Cauliflower</div>				
	<div>VEGGIE CAFE</div> <div>Lentil Hummus Bowl with Charred Peppers  Broccoli and Cheddar Stuffed Potato</div>	<div>VEGGIE CAFE</div> <div>Sesame Lime Grilled Eggplant  Wild Rice Salad with Mushrooms and Herb</div>	<div>VEGGIE CAFE</div> <div>Saucy Ramen Noodle with Mixed Vegetables  Tofu Banchan</div>	<div>VEGGIE CAFE</div> <div>Summer Vegetable Cioppino  German Pancake</div>	<div>VEGGIE CAFE</div> <div>Green Curry with Spinach, Broccoli, and Zucchini  Paneer Manchurian</div>				
	<div>BISTRO GARDEN</div> <div>DELI BAR EVERYDAY!</div> <div>Linguica with Cebolada Potatoes</div>	<div>BISTRO GARDEN</div> <div>Brunch Brisket</div>	<div>BISTRO GARDEN</div> <div>BBQ Lamb Roast</div>	<div>BISTRO GARDEN</div> <div>Southern Stewed Chicken</div>	<div>BISTRO GARDEN</div> <div>Smothered Pork Medallions</div>				
	<div>MEXICAN FIESTA</div> <div>Closed for AP Testing</div>	<div>MEXICAN FIESTA</div> <div>Closed for AP Testing</div>	<div>MEXICAN FIESTA</div> <div>Closed for AP Testing</div>	<div>MEXICAN FIESTA</div> <div>Closed for AP Testing</div>	<div>MEXICAN FIESTA</div> <div>Closed for AP Testing</div>				
	<div>CHOWDA HOUSE</div> <div>Shore Dinner</div>	<div>CHOWDA HOUSE</div> <div>Citrus Infused Rock Cod</div>	<div>CHOWDA HOUSE</div> <div>White Clam Flatbread with Chili Oil</div>	<div>CHOWDA HOUSE</div> <div>Sicilian Tomato Braised Swordfish</div>	<div>CHOWDA HOUSE</div> <div>Crab Cake with Thai Mango Slaw</div>				
	<div>BURGERLAND</div> <div>VEGGIE BURGER EVERYDAY!</div> <div>Animal Style Turkey Burger</div>	<div>BURGERLAND</div> <div>Ginger Soy Pork Sandwich</div>	<div>BURGERLAND</div> <div>Cowboy Style Grilled Chicken Sandwich</div>	<div>BURGERLAND</div> <div>Spicy Cajun Fish Sandwich</div>	<div>BURGERLAND</div> <div>Chef's Choice</div>				
	<div>TASTE OF ITALY</div> <div>Tomato Artichoke Pasta</div>	<div>TASTE OF ITALY</div> <div>Mediterranean Pasta with Feta</div>	<div>TASTE OF ITALY</div> <div>Chicken Enchilada Pasta</div>	<div>TASTE OF ITALY</div> <div>Creamed Leek and Spinach Alfredo</div>	<div>TASTE OF ITALY</div> <div>Asparagus Pesto</div>				