

May 13 - May 17 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



13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
CHEF'S GRILL Korean BBQ Bowl Steamed Rice Vegetable Stir Fry	CHEF'S GRILL gf Cilantro Lime Chicken Southwest Corn and Bean Medley Jalapeno Cornbread	CHEF'S GRILL Sweet and Sour Pork Veggie Lo Mein Sauteed Bok Choy	CHEF'S GRILL gf Mojo Marinated Beef Yuca Fries Roasted Asparagus	CHEF'S GRILL Oven Baked Fried Chicken Loaded Mashed Potatoes Wilted Mixed Greens
VEGGIE CAFE gf Spice Trade Beans and Bulgur Tuscan Portobello Stew	VEGGIE CAFE gf Tropical Fusion Salad with Spicy Tortilla Strips Vegetarian Pepperoni Pizza Dip in Bread Bowl	VEGGIE CAFE gf Garlicky Quinoa and Lentils with Ricotta Potato Samosas	VEGGIE CAFE gf Tofu Rancheros Bean and Cheese Burritos	VEGGIE CAFE gf Aloo Tamatar Sabzi with Garlic Naan Crustless Caprese Quiche
BISTRO GARDEN gf DELI BAR EVERYDAY! Grilled Chicken with Berry Basil Sauce	BISTRO GARDEN gf Harissa Spiced Lamb	BISTRO GARDEN gf Steak Fajitas with Mango Avocado Salsa	BISTRO GARDEN Vietnamese Caramel Pork with Butterfly Bao Buns	BISTRO GARDEN gf Pesto Turkey with Lemon Orzo
MEXICAN FIESTA gf Closed for AP Testing	MEXICAN FIESTA gf Closed for AP Testing	MEXICAN FIESTA gf Closed for AP Testing	MEXICAN FIESTA gf Closed for AP Testing	MEXICAN FIESTA gf Closed for AP Testing
CHOWDA HOUSE Clam Strips with Lemon Dill Coleslaw	CHOWDA HOUSE Haddock Polanaise with Honey Parsley Butter	CHOWDA HOUSE gf Mexican Shrimp Cocktails with Saltine Crackers	CHOWDA HOUSE gf Smoked Salmon Gyro with Tzatziki and Greek Salsa	CHOWDA HOUSE gf Cod with Cilantro Vinaigrette over Creamed Corn
BURGERLAND gf VEGGIE BURGER EVERYDAY! Pork Sandwich with Whole Grain Dijonnaise	BURGERLAND gf Warm BBQ Chicken Wrap	BURGERLAND gf Turkey Reuben	BURGERLAND gf Pancake Breakfast Sandwich with Raspberry Maple Syrup	BURGERLAND gf Chef's Choice
TASTE OF ITALY gf Meat Sauce	TASTE OF ITALY gf Sicilian Lentil Pasta Sauce	TASTE OF ITALY gf Creamy Pasta Pomodoro	TASTE OF ITALY gf Coconut Tomato Sauce	TASTE OF ITALY gf Sweet Corn Pasta with Basil