

# October 27 - October 31

## 2025

## UPPER SCHOOL

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

Produce of the Month:

# Pumpkin



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



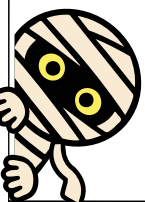
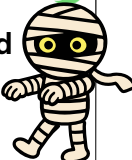






Vegetarian



Produce of  
the Month



27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
<b>CHEF'S GRILL</b>  <b>Fall Break Day!</b>	<b>CHEF'S GRILL</b> Char Siu Crispy Chicken Bites Ginger Rice Spicy Zucchini	<b>CHEF'S GRILL</b> Pork Normandy Garlic Mashed Potatoes Sauteed Carrots	<b>CHEF'S GRILL</b> Home-style Beef Stew Buttermilk Biscuit 	<b>CHEF'S GRILL</b>  <b>Haunted Lemon Chicken</b> Egg Noodles Sauteed Cabbage with Sausage
<b>VEGGIE CAFE</b> 	<b>VEGGIE CAFE</b> Mediterranean Falafel Salad  Masala Vegetable Khichdi	<b>VEGGIE CAFE</b> Vietnamese Lemongrass Tofu  Vegan Wild Rice Stuffing with Sweet Potato and Apple	<b>VEGGIE CAFE</b> Masoor Dal Tadka  Algerian Karantika	<b>VEGGIE CAFE</b> Scary Ehtiopian Misr Wat  Spooky Ye'abasha Gomen (Ehtipoian Collard Greens)
<b>BISTRO GARDEN</b> DELI BAR EVERYDAY!  <b>No School</b>	<b>BISTRO GARDEN</b> Beef Lasagna with Classic Marinara	<b>BISTRO GARDEN</b> Laotian Grilled Chicken (Ping Gai) 	<b>BISTRO GARDEN</b> Spicy Cumin Braised Pork	<b>BISTRO GARDEN</b> Ghoulish Cuban Mojo Turkey Breast
<b>MEXICAN FIESTA</b>	<b>MEXICAN FIESTA</b> Pork Fajitas  Mixed Vegetable Fajitas	<b>MEXICAN FIESTA</b> Lamb Tatemado  Chile Rellenos	<b>MEXICAN FIESTA</b> Chicken Motuleno Bean and Cheese Molletes 	<b>MEXICAN FIESTA</b> Creepy Cheese Enfrijoladas with Crema and Pickled Red Onions
<b>CHOWDA HOUSE</b>	 <b>CHOWDA HOUSE</b> Thai Chili Lime Fish	<b>CHOWDA HOUSE</b> Five Spice White Fish with Ponzu Sauce	<b>CHOWDA HOUSE</b> Coconut Green Curry with Clams and Rice Noodles	<b>CHOWDA HOUSE</b> Chilling Philadelphia Roll Sushi Bake
<b>BURGERLAND</b> VEGGIE BURGER EVERYDAY!	<b>BURGERLAND</b> Turkey Whopper	<b>BURGERLAND</b> Cajun Chicken and Waffle Breakfast Sandwich	<b>BURGERLAND</b> Lobster Salad Grilled Cheese	 <b>BURGERLAND</b> Sinister BLT with Sriracha Cream Cheese
<b>TASTE OF ITALY</b> 	<b>TASTE OF ITALY</b> Fiery Feta Tomato Sauce	<b>TASTE OF ITALY</b> Mushroom Broccoli Alfredo	<b>TASTE OF ITALY</b> Buffalo Chicken Mac and Cheese	<b>TASTE OF ITALY</b> Eerie Roasted Red Pepper Tomato Sauce

