

January 19- January 23

2026

UPPER SCHOOL

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

Produce of the Month:

Citrus Fruits



Carrots are root vegetables rich in vitamin A, fiber, and antioxidants, making them beneficial for eye health, digestion, and overall wellness. They come in various colors besides orange, such as purple, yellow, and white, and were originally cultivated to be less orange than modern varieties.

Gluten Free
Options Upon
Request




























Vegetarian



Produce of
the Month



19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
CHEF'S GRILL  	CHEF'S GRILL  Creamy Mushroom and Leek Turkey Classic Stuffing Green Peas	CHEF'S GRILL  Beef Bulgogi Steamed Rice Sautéed Bok Choy	CHEF'S GRILL  BBQ Pork Ribs Roasted Sweet Potatoes Corn Muffins	CHEF'S GRILL Poul Nan Sos (Haitian Chicken Stew) Rice and Beans Stewed Vegetables
VEGGIE CAFE  	VEGGIE CAFE  Creamed Spinach Stuffed Baked Potato Vegan Sausage and Peppers	VEGGIE CAFE  Flamenco Eggs with Toast Baked Zucchini Tian	VEGGIE CAFE  Roasted Brussels Sprouts and Crispy Tofu with Honey-Sesame Glaze Mini Pancake Skewer	VEGGIE CAFE  Roasted Carrot Curry Crispy Bang Bang Cauliflower Bowl
BISTRO GARDEN  DELI BAR EVERYDAY! No School Martin Luther King Jr. Day	BISTRO GARDEN  French Pork Shoulder with Savoy Cabbage	BISTRO GARDEN  The Zahav Lamb Roast	BISTRO GARDEN  Calabrian Balsamic Chicken	BISTRO GARDEN  Passover Beef Brisket
MEXICAN FIESTA  	MEXICAN FIESTA  Ground Beef Tacos Eggplant Barbacoa Tacos	MEXICAN FIESTA  Pollo Asado Potato Taquitos	MEXICAN FIESTA  Carne en su Jugo Mexican Green Spaghetti	MEXICAN FIESTA Breakfast Quesadilla (Eggs, Potatoes, and Cheese)
CHOWDA HOUSE  	CHOWDA HOUSE  Clam Strips with Gochujang Aioli	CHOWDA HOUSE  Teriyaki Salmon Lettuce Cups	CHOWDA HOUSE Everything Spiced Fish with Herb Yogurt and Tomato Salad	CHOWDA HOUSE Shrimp Salad Rolls with Chips
BURGERLAND  VEGGIE BURGER EVERYDAY!	BURGERLAND  Grilled Pesto Chicken with Mushroom and Provolone	BURGERLAND  Seattle Special Hot Dog	BURGERLAND  Salmon Club with Charred Scallion Aioli	BURGERLAND  Southwest Gyro with Chipotle Greek Yogurt
TASTE OF ITALY GLUTEN FREE PASTA EVERYDAY!	TASTE OF ITALY Harissa Alfredo with Spinach	TASTE OF ITALY Spicy Marinara with White Beans and Basil	TASTE OF ITALY Green Chile Chicken Mac and Cheese	TASTE OF ITALY Butternut Squash Alfredo with Peas