

January 26 - January 30

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



26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
CHEF'S GRILL  Thai Green Curry Pork Garlic Rice Roasted Brussel Sprouts	CHEF'S GRILL  Home-Stlye Meatloaf Scalloped Potatoes Roasted Broccoli	CHEF'S GRILL  Yassa Chicken Couscous Ginger Carrots	CHEF'S GRILL Fried Chicken Tenders and Waffles Breakfast Potatoes Southern Green Beans	CHEF'S GRILL Classic Beef Pot Roast Egg Noodles Dinner Rolls
VEGGIE CAFE  Turkish Style Eggs and Tomatoes with Garlicky Yogurt Tex Mex Poblano Dip with Pita	VEGGIE CAFE  Coconut Braised Eggplant with Shiitake and Scallions Green Vegetable Pilaf	VEGGIE CAFE  Bhel Puri Chaat Ndambé (Black Eyed Pea Stew)	VEGGIE CAFE  Roasted Cauliflower Salad with Feta and Date Lemon Garlic Tofu	VEGGIE CAFE  Battered Green Bean Fries with Wasabi Ranch Dutch Stampot with Vegan Sausage
BISTRO GARDEN  <small>DELI BAR EVERYDAY!</small> Sausage and Shrimp Creole	BISTRO GARDEN  One-Pot Coconut- Braised Chicken and Rice with Collard Greens	BISTRO GARDEN  Beef Picadillo	BISTRO GARDEN  Chinese Braised Pork Belly	BISTRO GARDEN  Citrus and Fennel Chicken with Olives and Calabrian Chiles
MEXICAN FIESTA  Southwest Chicken Taco Salad Vegetarian Taco Salad	MEXICAN FIESTA  Pork Chilorio Jackfruit Carnitas	MEXICAN FIESTA  Bean and Cheese Gordita	MEXICAN FIESTA  Closed for Eagle Buddies	MEXICAN FIESTA  Ground Turkey Mexican Pizza Veggie Mexican Pizza
CHOWDA HOUSE  Orange Ginger Haddock	CHOWDA HOUSE Crispy Calabrian Shrimp in Four Pepper Relish	CHOWDA HOUSE  Thieboudienne (Senegalese Jollof Rice with Fish)	CHOWDA HOUSE  Swordfish Au Poivre	CHOWDA HOUSE  Cajun Scallops with Cheesy Grits
BURGERLAND  <small>VEGGIE BURGER EVERYDAY!</small> BBQ Salmon Burger with Pepperjack and Onion Rings	BURGERLAND  Jalapeno Popper Turkey Burger	BURGERLAND  Caprese Tuna Melt	BURGERLAND  Buffalo Chicken Mac and Cheese Sandwich	BURGERLAND  Chef's Choice
TASTE OF ITALY <small>GLUTEN FREE PASTA EVERYDAY!</small> Mushroom Bolognese	TASTE OF ITALY Spring Vegetable Gnocchi	TASTE OF ITALY Manicotti with Spinach Artichoke Pesto	TASTE OF ITALY Middle Eastern Red Sauce	TASTE OF ITALY Sausage, Broccoli, and Basil Alfredo