

## American

## **Menu 1**

**August 13 – August 17**

**Monday:** No School

**Tuesday:** No School

**Wednesday:** Sloppy Joe Mini Burgers with Dill Pickles and Apple Smoked Bacon Potato Salad – Fresh Fruit

**Thursday:** Mini Burgers (burger, lettuce, tomato, and pickles-ketchup) – Tater Tots and Sweet Slaw

**Friday:** Pizza Friday

BOX LUNCH: Three Cheese Grilled Cheese Sandwich – Fresh Cut Fruit – Baked Pretzels

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGEN: “MALT” Mushroom, Avocado, Lettuce and Tomato on Toasted Ciabatta – Pasta Salad -Basil Aioli Sauce

SALAD: Chef Salad: Ham, Turkey, Chicken, Cheeses, Fresh Peppers, Cucumber, Tomato, and Croutons

## Italian

## **Menu 2**

**August 20 – August 24**

**Monday:** Grilled Chicken Parmesan with Noodles, Mozzarella, and Marinara Sauce - Antipasto salad

**Tuesday:** Spaghetti n Meatballs- Marinara and Parmesan Cheese – Pepernata Vegetables- Garlic Toast

**Wednesday:** Four Cheese Manicotti with Rustic Marinara and Caprese Salad – Garlic Toast

**Thursday:** Grilled Chicken Alfredo in Creamy Béchamel Sauce -Italian Roasted Vegetables–Cheesy Garlic Toast

**Friday:** Pizza Friday

BOX LUNCH: Pepperoni and Cheese Flatbread Pizza with Roasted Potatoes and Ranch Dipping Sauce

GLUTEN FREE: Three Cheese Pizza with Parmesan, Mozzarella and White Cheddar Cheese-Marinara –  
Roasted Potatoes with Peppers and Onions

VEGAN: Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

## Southwestern

## **Menu 3**

**August 27 – August 31**

**Monday:** “Fajita Style” Quesadilla (Peppers, Onions, and Steak) Shred Lettuce, Cilantro Guacamole, and Chips

**Tuesday:** Nachos with Grilled Chicken, Lime Sour Cream, Cheddar, and Corn Salsa - Tomato Pico de Gallo

**Wednesday:** Chicken, Bacon and Cheddar Soft Tacos with Shredded Lettuce and Pico de Gallo

**Thursday:** Roasted Poblano/Shrimp Enchiladas with Black Bean/Corn Salsa-Queso Sauce

**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/White Cheddar Cheese Burrito -Spanish Brown Rice-Corn Salsa -Mixed Fruit

VEGAN: Grilled Vegetable Street Tacos with Oven Roasted Roma Rice Pilaf – Balsamic Vinaigrette -Goat Cheese

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn

## French

## **Menu 4**

**September 3 – September 7**

**Monday:** No School

**Tuesday:** Croque Monsieur (French Style Ham/Cheese) with Béchamel and Roasted Herbed Potatoes

**Wednesday:** Grilled Brie /Gruyere Cheese Panini with Oven Roasted Potatoes – Sweet French Dipping Sauce

**Thursday:** Chicken Cordon Bleu with Demi-Glace and Dauphinoise Potatoes-Roast Carrots

**Friday:** Pizza Friday

BOX LUNCH: Mini Burger with Lettuce, Tomato, Pickles – Sweet Slaw and Roasted Potatoes

GLUTEN FREE: Pepperoni and Mozzarella Cheese Pizza – Marinara Sauce and Roasted Potatoes  
with Grilled Peppers and Onions

SOUP n SALAD: Tomato Bisque with Fleuron Pastry - Side of salad with your choice of dressing

SALAD: Grilled Chicken Caesar Salad with Croutons, Olive Salad, Tomatoes, and Fresh Mushrooms  
and Parmesan Crisps

## **Breakfast**

## **Menu 5**

**September 10 – September 14**

**Monday:** Chocolate Buttermilk Pancakes - Maple Syrup and Apple Smoked Bacon - Melon Fruit Salad

**Tuesday:** French Style Toast with a Cinnamon/Apple Chutney and Pork Breakfast Sausage-Yogurt Parfait

**Wednesday:** Breakfast Burrito -Scrambled Eggs, Cheddar, and Sausage – Enchilada Sauce and Hash Browns

**Thursday:** Spiced Honey Glazed Chicken and Waffles with White Gravy -Roasted Parmesan Potato Hash - Fruit

**Friday:** Pizza Friday

BOX LUNCH: Warm Breakfast Sausage and Cheese Biscuit Sliders with Fruit Yogurt and Melon Salad

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

## **Southern**

## **Menu 6**

**September 17 – September 21**

**Monday:** Fried Pork Chop Cutlet with Southern Brown Gravy - Mashed Garlic Potatoes – Sweet Corn

**Tuesday:** Fried Chicken Legs with Sweet Jasmine Rice and Southern Green Bean Casserole

**Wednesday:** “Chicken Pot Pie” with Rosemary Gravy over Steamed Rice – Roasted Vegetables

**Thursday:** Turkey, Bacon, and Cheddar Club Sandwiches with Mac n Cheese Pasta

**Friday:** Pizza Friday

BOX LUNCH: Mini Burger with Lettuce, Tomato, Pickles – Sweet Slaw and Roasted Potatoes

GLUTEN FREE: Mac N Cheese Ravioli with Grilled Zucchini, Peppers, and Onions

VEGAN: Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

SALAD: Grilled Chicken Caesar Salad with Croutons, Olive Salad, Tomatoes, and Fresh Mushrooms  
and Parmesan Crisps

## **Chinese**

## **Menu 7**

**September 24 – September 28**

**Monday:** Sesame Chicken with Orange Sauce over Pineapple Jasmine Rice and Asian Stir Fry

**Tuesday:** Chop Suey with Pork over Fried Rice – Stir Fry Mushrooms, Peppers, and Ginger

**Wednesday:** Sweet n Sour Shrimp Over Fried Jasmine Rice and Minted Pineapple Salad

**Thursday:** Teriyaki Chicken over Noodles and Mandarin Oranges – Ginger Stir Fry Vegetables

**Friday:** Pizza Friday

BOX LUNCH: Fried Chicken Club Sliders with Bacon on Brioche Bun-Baked Pretzels –

Honey Mustard Dipping Sauce – Mixed Fruit

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Rice Noodle Bowl with Mandarin, Edamame, Sunomono, Seared Tofu -Orange/Soy Vinaigrette

SOUP n SALAD: Egg Drop Soup with Shaved Mushrooms and Scallions – Side Salad with choice of dressing

## **Italian**

## **Menu 8**

**October 1 – October 5**

**Monday:** Grilled Chicken Alfredo in Creamy Béchamel Sauce -Italian Roasted Vegetables–Cheesy Garlic Toast

**Tuesday:** Grilled Chicken Parmesan with Noodles, Mozzarella, and Marinara Sauce - Antipasto salad

**Wednesday:** Spaghetti n Meatballs- Marinara and Parmesan Cheese – Pepernata Vegetables- Garlic Toast

**Thursday:** Baked Beef Lasagna with Mozzarella and Red Sauce – Salad Caprese and Garlic Toast

**Friday:** Pizza Friday

BOX LUNCH: Ham, Turkey Club Sliders on Brioche with Pesto Aioli, Pickles – Apple Sauce – Baked Pretzels

GLUTEN FREE: Three Cheese Pizza with Parmesan, Mozzarella, and White Cheddar Cheese and Marinara –  
Roasted Potatoes with Peppers and Onions

SOUP n SALAD: Tuscan Minestrone Soup with Pasta, White Beans, Bacon, and Mire Poix- Side Salad with Dressing

VEGAN: Cheese Tortellini Pasta Salad –Romas, Shiitake and Fire Roasted Peppers-Truffle Tomato Bruschetta

**Cajun GP Menu 9 October 8 – October 12 End of Quarter**

**Monday:** Shrimp Etouffee over Steamed Rice and Vegetables - Hoppin' John Roasted Corn Salad

**Tuesday:** Andouille/Chicken Jambalaya with Vegetables and Dirty Rice - Sweet Cheddar Cornbread

**Wednesday:** Cajun Crab Cakes with Cheesy Grits and Blackened Holy Trinity – Creole Aioli Sauce

**Thursday:** Blackened Tilapia Fillet Po Boy Slider with Lettuce and Creole Slaw - Creole Potato Salad

**Friday:** Pizza Friday

BOX LUNCH: Chicken, Ranch and Bacon Flatbread Pizza with Baked Goldfish and Fresh Fruit

GLUTEN FREE: Pepperoni and Mozzarella Cheese Pizza – Marinara Sauce and Roasted Potatoes  
with Grilled Peppers and Onions

SOUP n SALAD: Shrimp Gumbo with Rice – Side salad with choice of dressing

VEGAN: Greek Scented Grilled Vegetable Gyro-Yogurt/Cucumber Dill Sauce – Saffron Rice Pilaf

**Breakfast Menu 10 October 15 – October 19**

**Monday:** Chocolate Buttermilk Pancakes - Maple Syrup and Apple Smoked Bacon - Melon Fruit Salad

**Tuesday:** French Style Toast with a Cinnamon/Apple Chutney and Pork Breakfast Sausage-Yogurt Parfait

**Wednesday:** Breakfast Burrito -Scrambled Eggs, Cheddar, and Sausage – Enchilada Sauce and Hash Browns

**Thursday:** Spiced Honey Glazed Chicken and Waffles with White Gravy -Roasted Parmesan Potato Hash - Fruit

**Friday:** Pizza Friday

BOX LUNCH: Warm Breakfast Sausage and Cheese Biscuit Sliders with Fruit Yogurt and Melon Salad

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

**Irish Menu 11 October 22 – October 26**

**Monday:** Shepherd's Pie of Roast Beef, Mash Potatoes, and Fresh Peas in a Tomato Beef Gravy

**Tuesday:** Fish and Chips with a Lemon/Caper Tartar Dipping Sauce and Tomato Relish

**Wednesday:** Irish Chicken and Biscuits with Bacon, Peas, and Roasted Cabbage

**Thursday:** "Bangers and Mash" Roasted Sausages over Garlic Mash Potatoes with a Beef Gravy –  
Fresh Tomatoes and Buttered Peas

**Friday:** Pizza Friday

BOX LUNCH: BLT (Bacon, Lettuce, Tomato) on Grilled Texas Toast – Honey Mustard Dipping Sauce –  
Mixed Fruit - Pretzels

GLUTEN FREE: Chicken/White Cheddar Cheese Soft Tacos-Spanish Brown Rice- Corn Salsa -Mixed Fruit

SOUP n SALAD: Twice Baked Potato Soup with Bacon/Cheddar Garnish-Side salad with choice of dressing

VEGAN: Cheese Tortellini Pasta Salad –Romas, Shiitake and Fire Roasted Peppers-Truffle Tomato Bruschetta

**French Menu 12 October 29 – November 2**

**Monday:** Grilled Chicken Volaille with Mushroom Cream Sauce over Egg Noodles -Vegetable Ratatouille

**Tuesday:** Croque Monsieur (French Style Ham/Cheese) with Béchamel and Roasted Herbed Potatoes

**Wednesday:** Grilled Brie/Gruyere Cheese Panini with Oven Roasted Potatoes - Sweet French Dipping Sauce

**Thursday:** Chicken Cordon Bleu with Demi-Glace and Dauphinoise Potatoes-Roast Carrots

**Friday:** Pizza Friday

BOX LUNCH: Pepperoni and Cheese Flatbread Pizza with Roasted Potatoes and Marinara Dipping Sauce

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter – Side Salad Choice of Dressing

SOUP n SALAD: Tomato Bisque with Fleuron Pastry – Side of salad with choice of dressing

SALAD: Grilled Chicken Caesar Salad with Olive Salad, Tomatoes and Mushrooms and Parmesan Crisps

**Southern****Menu 13****November 5 – November 9****Monday:** Fried Pork Chop Cutlet with Southern Brown Gravy - Mashed Garlic Potatoes – Sweet Corn**Tuesday:** Fried Chicken Legs with Sweet Jasmine Rice and Southern Green Bean Casserole**Wednesday:** “Chicken Pot Pie” with Rosemary Gravy over Steamed Rice – Roasted Vegetables**Thursday:** Turkey, Bacon, and Cheddar Club Sandwiches with Mac n Cheese Pasta**Friday:** Pizza Friday

BOX LUNCH: Mini Burger with Lettuce, Tomato, Pickles – Sweet Slaw and Roasted Potatoes

GLUTEN FREE: Mac N Cheese Ravioli with Grilled Zucchini, Peppers, and Onions

VEGAN: Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

SALAD: Chef Salad: Ham, Turkey, Chicken, Cheeses, Fresh Peppers, Cucumber, Tomato, and Croutons

**Southwestern****SC Menu 14****November 12 – November 16****Monday:** Chicken Fajita Rice Bowl with Corn, Black Beans, and White Cheese sauce-tortilla chips/salsa**Tuesday:** Quesadilla Mexicana stuffed with Beef, Beans, Cheese and Fajita Peppers and Onions – Spanish rice and Sour Cream**Wednesday:** Southwest Chicken Chili Mac with Corn, Black Beans, and Cheddar – Fresh Pico de Gallo**Thursday:** Grilled Pork Tenderloin Street Tacos with Flour Tortillas-Raw Slaw, Spanish Rice, and Mango Salsa**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/White Cheddar Cheese Burrito -Spanish Brown Rice-Corn Salsa -Mixed Fruit

VEGAN: Grilled Vegetable Street Tacos with Oven Roasted Roma Rice Pilaf – Balsamic Vinaigrette - Goat Cheese

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn

**Cuban****Menu 15****Thanksgiving Holiday****November 19 – November 23****Monday:** No SCHOOL WEEK**Tuesday:** Cuban Meatballs over Steamed Rice and Cuban Stewed Vegetables in a Spiced Tomato Sauce**Wednesday:** Authentic Pork Sandwich Sliders of Swiss, Ham, Pickles, and Heavy Mustard with a Mango/Pineapple/Mint Salad**Thursday:** Lime Marinated Chicken Quarter with a black bean/Pineapple Rice and Jicama /Lime Salad**Friday:** Pizza Friday

BOX LUNCH: No SCHOOL WEEK

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter, and Side Salad-Dressing

SOUP n SALAD: Sopa de Pollo (Cuban Chicken Soup) with Noodles – Side salad with choice of dressing

VEGAN: Greek Scented Grilled Vegetable Gyro-Yogurt/Cucumber Dill Sauce – Saffron Rice Pilaf

**American****Menu 16****November 26 – November 30****Monday:** Sloppy Joe Mini Burgers with Dill Pickles and Apple Smoked Bacon Potato Salad**Tuesday:** Fried Chicken Legs with Roasted Yukon Gold Potatoes and Maple Baked Beans**Wednesday:** Turkey, Bacon and Cheddar Club Sandwiches with Side of Macaroni and Cheese**Thursday:** Mini Burgers (burger, lettuce, tomato, and pickles-ketchup) – Tater Tots and Sweet Slaw**Friday:** Pizza Friday

BOX LUNCH: Three Cheese Grilled Cheese Sandwich – Fresh Cut Fruit – Baked Pretzels

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: “MALT” Mushroom, Avocado, Lettuce and Tomato on Toasted Ciabatta – Pasta Salad and Basil Aioli Sauce

SALAD: Chef Salad: Ham, Turkey, Chicken, Cheeses, Fresh Peppers, Cucumber, Tomato, and Croutons

**Breakfast****Menu 17****December 3 – December 7****Monday:** Chocolate Buttermilk Pancakes - Maple Syrup and Apple Smoked Bacon - Melon Fruit Salad**Tuesday:** French Style Toast with a Cinnamon/Apple Chutney and Pork Breakfast Sausage-Yogurt Parfait**Wednesday:** Breakfast Burrito -Scrambled Eggs, Cheddar, and Sausage – Enchilada Sauce and Hash Browns**Thursday:** Spiced Honey Glazed Chicken and Waffles with White Gravy -Roasted Parmesan Potato Hash - Fruit**Friday:** Pizza Friday

BOX LUNCH: Warm Breakfast Sausage and Cheese Biscuit Sliders with Fruit Yogurt and Melon Salad

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

**Italian                      Menu 18                      End of Second Quarter                      December 10 – December 14****Monday:** Grilled Chicken Alfredo in Creamy Béchamel Sauce -Italian Roasted Vegetables–Cheesy Garlic Toast**Tuesday:** Four Cheese Manicotti with Herbed Rustic Marinara and Caprese Salad**Wednesday:** Spaghetti and Herbed Meatballs with Marinara –Parmesan Cheese –Vegetables and Garlic Toast**Thursday:** Grilled Chicken Parmesan with Noodles, Mozzarella, and Marinara Sauce – Grilled Vegetables**Friday:** Pizza Friday

BOX LUNCH: Pepperoni and Cheese Flatbread Pizza with Roasted Potatoes and Herbed Ranch Dipping Sauce

GLUTEN FREE: Three Cheese Pizza with Parmesan, Mozzarella, and White Cheddar Cheese and Marinara –  
Roasted Potatoes with Peppers and Onions

VEGAN: Cheese Tortellini Pasta Salad –Romas, Shiitake and Fire Roasted Peppers-Truffle Tomato Bruschetta

SOUP n SALAD: Tuscan Minestrone Soup with Pasta, White Beans, Bacon, and Mire Poix- Side Salad with Dressing

**Cajun                      Menu 19                      Winter/Christmas                      December 17 – December 21****Monday:** Andouille/Chicken Jambalaya with Vegetables and Dirty Rice - Sweet Cheddar Cornbread**Tuesday:** Cajun Crab Cakes with Cheesy Grits and Blackened Holy Trinity – Creole Aioli Sauce**Wednesday:** Blackened Tilapia Fillet Po Boy Slider with Lettuce and Creole Slaw - Creole Potato Salad**Thursday:** NO SCHOOL**Friday:** NO SCHOOL

BOX LUNCH: Chicken, Ranch, and Bacon Flatbread Pizza with Sweet Slaw –Fresh Fruit

GLUTEN FREE: Pepperoni and Mozzarella Cheese Pizza – Marinara Sauce - Roasted Potatoes  
with Grilled Peppers and Onions

SOUP n SALAD: Shrimp Gumbo with Rice - Side salad with choice of dressing

VEGAN: Greek Scented Grilled Vegetable Gyro-Yogurt/Cucumber Dill Sauce – Saffron Rice Pilaf

**Indian                      Menu 20                      Winter/Christmas                      December 24 – December 28****Monday:** NO SCHOOL WEEK**Tuesday:** Open Faced Indian BBQ Chicken on Grilled Naan - Salad with Cucumber/Mint Dressing**Wednesday:** Traditional Style Gyro Sliders with Tomato Raita Sauce and Dill Scented Cucumbers**Thursday:** Red Curry Tilapia Fillet with Couscous -Indian spiced tomatoes - Cucumber/Melon Raita**Friday:** Pizza Friday

BOX LUNCH: NO SCHOOL WEEK

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter, and Side Salad-Dressing

SOUP n SALAD: Curried Mulligatawny Soup with Apples, Saffron Rice and Side Salad with choice of dressing

SALAD: Cobb Salad -Grilled Chicken, Bacon, Avocado, Blue Cheese, Egg, and Tomato



## Chinese

### **Menu 25**

**January 28 – February 1**

**Monday:** Sesame Chicken with Orange Sauce over Pineapple Jasmine Rice and Asian Stir Fry

**Tuesday:** Chop Suey with Pork over Fried Rice – Stir Fry Mushrooms, Peppers, and Ginger

**Wednesday:** Sweet n Sour Shrimp Over Fried Jasmine Rice and Minted Pineapple Salad

**Thursday:** Teriyaki Chicken over Noodles and Mandarin Oranges – Ginger Stir Fry Vegetables

**Friday:** Pizza Friday

**BOX LUNCH:** Fried Chicken Club Sliders with Bacon on Brioche Bun-Baked Pretzels – Honey Mustard Dipping Sauce – Mixed Fruit

**GLUTEN FREE:** Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

**VEGAN:** Rice Noodle Bowl with Mandarin, Edamame, Sunomono, Seared Tofu -Orange/Soy Vinaigrette

**SOUP n SALAD:** Egg Drop Soup with Shaved Mushrooms and Scallions – Side Salad with choice of dressing

## Southern

### **Menu 26**

**February 4 – February 8**

**Monday:** Fried Pork Chop Cutlet with Southern Brown Gravy - Mashed Garlic Potatoes – Sweet Corn

**Tuesday:** Fried Chicken Legs with Sweet Jasmine Rice and Southern Green Bean Casserole

**Wednesday:** “Chicken Pot Pie” over Steamed Rice and Roasted Vegetables

**Thursday:** Turkey, Bacon, and Cheddar Club Sandwiches with Mac n Cheese Pasta

**Friday:** Pizza Friday

**BOX LUNCH:** Mini Burger with Lettuce, Tomato, Pickles – Sweet Slaw and Roasted Potatoes

**GLUTEN FREE:** Mac N Cheese Ravioli with Grilled Zucchini, Peppers, and Onions

**VEGAN:** Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

**SALAD:** Grilled Chicken Caesar Salad with Olive Salad, Tomatoes and Fresh Mushrooms and Parmesan Crisps

## Italian

### **Menu 27**

**February 11 – February 15**

**Monday:** Grilled Chicken Parmesan with Noodles, Mozzarella, and Marinara Sauce - Antipasto salad

**Tuesday:** Spaghetti n Meatballs- Marinara and Parmesan Cheese – Pepernata Vegetables- Garlic Toast

**Wednesday:** Four Cheese Manicotti with Rustic Marinara and Caprese Salad – Garlic Toast

**Thursday:** Grilled Chicken Alfredo in Creamy Béchamel Sauce -Italian Roasted Vegetables–Cheesy Garlic Toast

**Friday:** Pizza Friday

**BOX LUNCH:** Pepperoni and Cheese Flatbread Pizza with Roasted Potatoes and Ranch Dipping Sauce

**GLUTEN FREE:** Three Cheese Pizza with Parmesan, Mozzarella and White Cheddar Cheese-Marinara –  
Roasted Potatoes with Peppers and Onions

**VEGAN:** Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

**SALAD:** BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

## Japanese/Vietnamese

### **Menu 28**

**February 18 – February 22**

**Monday:** NO SCHOOL

**Tuesday:** Vietnamese Pork Stir Fry over Noodles with a Thai Basil Sauce and Sesame Vegetables

**Wednesday:** Shrimp with Lemon/Mint Pho- Noodles and Stir Fry Vegetables – Sunomono Salad

**Thursday:** California Roll (avocado, cucumber, and crab) with Sea Salted Edamame and  
Cucumber Salad – Lime/Soy Dipping Sauce

**Friday:** Pizza Friday

**BOX LUNCH:** Three Cheese Grilled Cheese Sandwich – Apple Sauce – Baked Pretzels

**GLUTEN FREE:** Baked Potato with Bacon, Cheddar, Cheddar, Butter, and Side Salad-Dressing

**SOUP n SALAD:** Egg Drop Soup with fresh Mushrooms and Scallions – Fried Wontons

**VEGAN:** Rice Noodle Bowl with Mandarin, Edamame, Sunomono, Seared Tofu -Orange/Soy Vinaigrette

**Southwestern****Menu 29****February 25 – March 1****Monday:** “Fajita Style” Quesadilla (Peppers, Onions, and Steak) Shred Lettuce Cilantro Guacamole and Chips**Tuesday:** Nachos with Grilled Chicken, Lime Sour Cream, Cheddar, and Corn Salsa - Tomato Pico de Gallo**Wednesday:** Chicken, Bacon and Cheddar Soft Tacos with Shredded Lettuce and Pico de Gallo**Thursday:** Roasted Poblano/Shrimp Enchiladas with Black Bean/Corn Salsa-Queso Sauce**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/White Cheddar Cheese Burrito -Spanish Brown Rice-Corn Salsa -Mixed Fruit

VEGAN: Grilled Vegetable Street Tacos with Oven Roasted Roma Rice Pilaf – Balsamic Vinaigrette - Goat Cheese

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn

**Breakfast****Menu 30****March 4 – March 8****Monday:** Chocolate Buttermilk Pancakes - Maple Syrup and Apple Smoked Bacon - Melon Fruit Salad**Tuesday:** French Style Toast with a Cinnamon/Apple Chutney and Pork Breakfast Sausage-Yogurt Parfait**Wednesday:** Breakfast Burrito -Scrambled Eggs, Cheddar, and Sausage – Enchilada Sauce and Hash Browns**Thursday:** Spiced Honey Glazed Chicken and Waffles with White Gravy -Roasted Parmesan Potato Hash - Fruit**Friday:** Pizza Friday

BOX LUNCH: Warm Breakfast Sausage and Cheese Biscuit Sliders with Fruit Yogurt and Melon Salad

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

**Irish****Menu 31 End of 3<sup>rd</sup> Quarter****March 11 - March 15****Monday:** Shepherd’s Pie of Roast Beef, Mash Potatoes, and Fresh Peas in a Tomato Beef Gravy**Tuesday:** Fish and Chips with a Lemon/Caper Tartar Dipping Sauce and Tomato Relish**Wednesday:** Irish Chicken and Biscuits with Bacon, Peas, and Roasted Cabbage**Thursday:** “Bangers and Mash” Roasted Sausages over Garlic Mash Potatoes with a Beef Gravy –  
Fresh Tomatoes and Buttered Peas**Friday:** Pizza Friday

BOX LUNCH: Southern Fried Chicken Sliders on Brioche, Pickles, Ketchup –Yogurt Parfait – Baked Pretzels

GLUTEN FREE: Pepperoni and Mozzarella Cheese Pizza – Marinara Sauce and Roasted Potatoes  
with Grilled Peppers and Onions

SOUP n SALAD: Twice Baked Potato Soup with Bacon/Cheddar Garnish – Side Salad with choice of dressing

VEGEN: “MALT” Mushroom, Avocado, Lettuce and Tomato on Toasted Ciabatta – Pasta Salad -Basil Aioli Sauce

**Cuban****Menu 32****Spring Break****March 18 – March 22****Monday:** NO SCHOOL WEEK**Tuesday:** Cuban Meatballs over Steamed Rice and Cuban Stewed Vegetables in a Spiced Tomato Sauce**Wednesday:** Authentic Pork Sandwich Sliders of Swiss, Ham, Pickles, and Heavy Mustard with a  
Mango/Pineapple/Mint Salad**Thursday:** Lime Marinated Chicken Quarter with a black bean/Pineapple Rice and Jicama/Lime Salad**Friday:** Pizza Friday

BOX LUNCH: NO SCHOOL WEEK

GLUTEN FREE: Mac N Cheese Ravioli with Grilled Zucchini, Peppers, and Onions

SOUP n SALAD: Black Bean/Chorizo Soup with Lime Crème Fraiche -Side Salad with choice of dressing

SALAD: Chef Salad: Ham, Turkey, Chicken, Cheeses, Fresh Peppers, Cucumber, Tomato, and Croutons



## **American**

## **Menu 33**

**March 25 – March 29**

**Monday:** Sloppy Joe Mini Burgers with Dill Pickles and Apple Smoked Bacon Potato Salad

**Tuesday:** Fried Chicken Legs with Roasted Yukon Gold Potatoes and Maple Baked Beans

**Wednesday:** Turkey, Bacon and Cheddar Club Sandwiches with Side of Macaroni and Cheese

**Thursday:** Mini Burgers (burger, lettuce, tomato, and pickles-ketchup) – Tater Tots and Sweet Slaw

**Friday:** No School

BOX LUNCH: Three Cheese Grilled Cheese Sandwich – Apple Sauce – Baked Pretzels

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter, and Side Salad-Dressing

VEGEN: “MALT” Mushroom, Avocado, Lettuce and Tomato on Toasted Ciabatta – Pasta Salad and Basil Aioli Sauce

SALAD: Cobb Salad -Grilled Chicken, Bacon, Avocado, Blue Cheese, Egg, and Tomato

## **Italian**

## **Menu 34**

**April 1 – April 5**

**Monday:** Chicken Piccata – Lemon/Caper Sauce – Noodles – Oven Roasted Vegetables

**Tuesday:** Cheese Filled Tortellini with Grilled Chicken and Creamy Marinara - Anti Pasta Salad

**Wednesday:** Four Cheese Manicotti with Herbed Rustic Marinara and Caprese Salad

**Thursday:** Spaghetti and Meatballs with Marinara – Parmesan Cheese -Pepernata Vegetables and Garlic Toast

**Friday:** Pizza Friday

BOX LUNCH: Pepperoni and Cheese Flatbread Pizza with Roasted Potatoes and Ranch Dipping Sauce

GLUTEN FREE: Three Cheese Pizza with Parmesan, Mozzarella, and White Cheddar Cheese and Marinara –  
Roasted Potatoes with Peppers and Onions

VEGAN: Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

## **Southwestern**

## **Menu 35**

**April 8 – April 12**

**Monday:** Chicken Fajita Rice Bowl with Corn, Black Beans, and White Cheese sauce-tortilla chips/salsa

**Tuesday:** Quesadilla Mexicana stuffed with Beef, Beans, Cheese and Fajita Peppers and Onions –  
Spanish rice and Sour Cream

**Wednesday:** Tortilla Crusted Baja Soft Fish Taco with Pineapple/Mango Salsa and Baked Spanish Rice

**Thursday:** Grilled Pork Tenderloin Street Tacos with Flour Tortillas-Raw Slaw, Spanish Rice,  
and Mango Salsa

**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/White Cheddar Burrito with Spanish Brown Rice and Pico de Gallo

VEGAN: Grilled Vegetable Street Tacos with Oven Roasted Roma Rice Pilaf – Balsamic Vinaigrette -Goat Cheese

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn

## **Cajun**

## **Menu 36**

**April 15 – April 19**

**Monday:** Shrimp Etouffee over Steamed Rice and Vegetables - Hoppin’ John Roasted Corn Salad

**Tuesday:** Andouille/Chicken Jambalaya with Vegetables and Dirty Rice - Sweet Cheddar Cornbread

**Wednesday:** Cajun Crab Cakes with Cheesy Grits and Blackened Holy Trinity – Creole Aioli Sauce

**Thursday:** Blackened Tilapia Fillet Po Boy Slider with Lettuce and Creole Slaw - Creole Potato Salad

**Friday:** Pizza Friday

BOX LUNCH: Chicken, Ranch and Bacon Flatbread Pizza with Baked Goldfish and Fresh Fruit

GLUTEN FREE: Pepperoni and Mozzarella Cheese Pizza – Marinara Sauce and Roasted Potatoes  
with Grilled Peppers and Onions

SOUP n SALAD: Shrimp Gumbo with Rice – Side of Salad with choice of dressing

VEGAN: Greek Scented Grilled Vegetable Gyro-Yogurt/Cucumber Dill Sauce – Saffron Rice Pilaf

**Breakfast****Menu 37****April 22– April 26****Monday:** Chocolate Buttermilk Pancakes - Maple Syrup and Apple Smoked Bacon - Melon Fruit Salad**Tuesday:** French Style Toast with a Cinnamon/Apple Chutney and Pork Breakfast Sausage-Yogurt Parfait**Wednesday:** Breakfast Burrito -Scrambled Eggs, Cheddar, and Sausage – Enchilada Sauce and Hash Browns**Thursday:** Spiced Honey Glazed Chicken and Waffles with White Gravy -Roasted Parmesan Potato Hash - Fruit**Friday:** Pizza Friday

BOX LUNCH: Warm Breakfast Sausage and Cheese Biscuit Sliders with Fruit Yogurt and Melon Salad

GLUTEN FREE: Baked Potato -Bacon, Cheddar, Cheddar, Butter, and Side Salad- Choice of Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

**Southwestern****Menu 38****April 29 – May 3****Monday:** Chicken Fajita Rice Bowl with Corn, Black Beans and White Cheese sauce-tortilla chips/salsa**Tuesday:** Quesadilla Mexicana - Beef, Beans, Cheese and Fajita Vegetables- Spanish Rice -Sour Cream**Wednesday:** Southwest Chicken Chili Mac with Corn, Black Beans and Cheddar – Fresh Pico de Gallo**Thursday:** Grilled Chicken/Cheese Burrito - Spanish Rice and Grilled Vegetables - chips and Salsa**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/Cheddar Cheese Soft Tacos with Spanish Rice and Mixed Fruit

VEGAN: Grilled Vegetable Street Tacos with Oven Roasted Roma Rice Pilaf – Balsamic Vinaigrette - Goat Cheese

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn

**French****Menu 39****May 6 – May 10****Monday:** Grilled Chicken Volaille with Mushroom Cream Sauce over Egg Noodles -Vegetable Ratatouille**Tuesday:** Croque Monsieur (French Style Ham/Cheese) with Béchamel and Roasted Herbed Potatoes**Wednesday:** Grilled Brie /Gruyere Cheese Panini with Oven Roasted Potatoes – Sweet French Dipping Sauce**Thursday:** Chicken Cordon Bleu with Demi-Glace and Dauphinoise Potatoes-Roast Carrots**Friday:** Pizza Friday

BOX LUNCH: Mini Burger with Lettuce, Tomato, Pickles – Sweet Slaw and Roasted Potatoes

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter and Side Salad-Dressing

VEGAN: Tomato, Buffalo Mozzarella and Wilted Arugula Flatbread – Garlic Olive Oil – Grilled Vegetables

SALAD: Grilled Chicken Caesar Salad with Croutons, Olive Salad, Tomatoes, and Fresh Mushrooms  
and Parmesan Crisps**American****8<sup>th</sup> trip****Menu 40****May 13 – May 17****Monday:** Sloppy Joe Mini Burgers with Dill Pickles and Apple Smoked Bacon Potato Salad**Tuesday:** Fried Chicken Legs with Roasted Yukon Gold Potatoes and Maple Baked Beans**Wednesday:** Turkey, Bacon, and Cheddar Club Sandwiches with Mac n Cheese Pasta**Thursday:** Mini Burgers (burger, lettuce, tomato and pickles-ketchup) – Tater Tots and Sweet Slaw**Friday:** Pizza Friday

BOX LUNCH: Three Cheese Grilled Cheese Sandwich – Apple Sauce – Baked Pretzels

GLUTEN FREE: Baked Potato with Bacon, Cheddar, Cheddar, Butter and Side Salad-Dressing

SOUP n SALAD: Rustic Tomato Soup with Fresh Grated Parmesan Cheese – Side of Salad with choice of dressing

SALAD: Cobb Salad -Grilled Chicken, Bacon, Avocado, Blue Cheese, Egg and Tomato

**Italian                      Olympics                      Menu 41                      May 20 – May 24**

**Monday:** Spaghetti and Meatballs with Herbed Marinara Sauce – Grated Parmesan Cheese –  
Pepernata Vegetables and Garlic Toast

**Tuesday:** Grilled Chicken Alfredo with Béchamel Sauce -Italian Roasted Vegetables and Garlic Toast

**Wednesday:** Four Cheese Manicotti with Herbed Rustic Marinara and Caprese Salad

**Thursday:** Margarita Flatbread Pizza with Roma, Mozzarella, Pesto –Antipasta salad

**Friday:** Pizza Friday

BOX LUNCH: Fried Chicken Club Sliders with Bacon on Brioche – Baked Pretzels and Honey Mustard Dipping  
Sauce – Mixed Fruit

GLUTEN FREE: Three Cheese Pizza with Parmesan, Mozzarella and White Cheddar Cheese-Marinara –  
Roasted Potatoes with Peppers and Onions

VEGAN: Greek Chopped Salad – Olive, Feta, Artichokes and Fire Roasted Peppers – Hummus and Pita

SALAD: BLT Wedge Salad with Romas, Bacon and Blue Cheese Crumbles – Ranch or Red Wine Vinaigrette

**Southwestern                      SNOW DAY MAKEUP                      Menu 42                      May 27 – May 31**

**Monday:** Chicken Fajita Rice Bowl with Corn, Black Beans, and White Cheese sauce-tortilla chips/salsa

**Tuesday:** Quesadilla Mexicana - Beef, Beans, Cheese, and Fajita Vegetables- Spanish Rice -Sour Cream

**Wednesday:** Southwest Chicken Chili Mac with Corn, Black Beans, and Cheddar – Fresh Pico de Gallo

**Thursday:** Grilled Chicken/Cheese Burrito - Spanish Rice and Grilled Vegetables - chips and Salsa

**Friday:** Pizza Friday

BOX LUNCH: Chicken/Cheddar Cheese Quesadilla – Tortilla Chips/Salsa and Mixed Fruit

GLUTEN FREE: Chicken/Cheddar Cheese Soft Tacos with Spanish Rice and Mixed Fruit

SOUP n SALAD: Cilantro/Lime Tortilla Soup with Cheddar and Fried Tortilla Chips

SALAD: Chicken Fajita Salad with Peppers, Onions, Tomatoes, Cilantro, Pico de Gallo, Roasted Corn