

Soup du Jour

Mon	Vegetable Minestrone
Tue	Chicken Tortilla
Wed	Cream of Asparagus
Thurs	Egg Drop
Fri	Chicken Dumpling

Dessert

Monday – Oatmeal Raisin Cookies
Tuesday – Lemon Bars
Wednesday – Chocolate Pudding
Thursday – Sugar Cookies
Friday – Golden Graham Bars

Daily Offerings

Deli Bar

House Roasted Turkey
Assortment of Deli Meats & Cheeses
Variety of Local Breads

Salad Bar

Simple Greens
Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad
& Hummus
Assortment of Local and Seasonal Hand
Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée
Penne Pasta with Alfredo or Marinara
Ciabatta Rolls with Whipped Butter

Action Station French Bread Pizza

Veg Station Pasta or GF Pasta with Marinara
Steamed Asparagus
Roasted Carrots

T Entrée
Beef Tacos with Salsa, Sour Cream, Lettuce, Cheese & Flour Tortillas
Spanish Rice

Action Station Nacho Bar

Veg Station Veggie Tostadas with Beans, Vegan Chorizo & Tofu
Fajita Vegetables
Local Corn, Pepper & Tomato Saute

W Entrée
Buffalo Chicken Tenders or Buffalo Fried Tofu
Roasted Baby Red Potatoes with Garlic & Dill

Action Station Cheese Tortellini with Alfredo Sauce & Italian Sausage

Veg Station Roasted Zucchini & Squash with Herbs & Garlic
Steamed Cauliflower

Th Entrée
Korean BBQ Shredded Beef with Bao Buns
Vegetable Fried Rice

Action Station Chicken Teriyaki Potstickers with Sweet Chili Sauce

Veg Station Korean BBQ Glazed Tofu & Tempeh
Steamed Green Beans
Cinnamon Honey Glazed Carrots

F Entrée
Beef Burgers with Lettuce, Tomato & Cheese
French Fries

Action Station Carved Turkey Breast with Bacon Balsamic Jam

Veg Station Beyond Burger
Steamed Broccoli
Roasted Garlic Mashed Parsnips & Cauliflower

M E N U

Upper School
Week 2 Sept 2-6



Soup du Jour

Mon	Cream of Broccoli
Tue	Cuban Black Bean
Wed	Tomato-Basil
Thurs	Miso Soup
Fri	Vegetable Noodle

Dessert

Monday – Chocolate Chip Cookies

Tuesday – Cheesecake

Wednesday – Vanilla Raspberry
Pudding

Thursday – Oatmeal Raisin Cookies

Friday – Rice Krispy Bars

Daily Offerings

Deli Bar

House Roasted Turkey
Assortment of Deli Meats & Cheeses
Variety of Local Breads

Salad Bar

Simple Greens
Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad
& Hummus
Assortment of Local and Seasonal Hand
Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée

Gemelli Pasta with Tomato Basil Cream Sauce or Spinach Alfredo
French Bread with Whipped Butter

Action Station BBQ Pulled Chicken Sliders

Veg Station Gemelli Pasta (GF Pasta Available) Tomato Basil
Cream Sauce or Spinach Alfredo
Steamed Green Beans
Roasted Carrots

T Entrée

Cheese Quesadilla with Sour Cream & Salsa
Cilantro-Lime Rice

Action Station Nacho Bar

Veg Station Veggie Tostadas with Beans, Vegan Chorizo & Tofu
Chipotle Honey Cauliflower
Elote

W Entrée

Sweet & Smoky Pulled Pork, Slider Buns Cornbread
Parmesan Potato Wedges

Action Station Tater Tot Poutine

Veg Station Sweet & Smokey Tofu
Steamed Brussels Sprouts
Cinnamon Honey Glazed Carrots

Th Entrée

Curried Chicken with Mango Chutney, Yogurt Sauce, Garlic Butter
Naan Bread & Lemon Basmati Rice

Action Station Vegetable Egg Rolls with Sweet Chili Sauce

Veg Station Sweet Chili Tofu
Roasted Curried Vegetables
Saag (Curried, Creamed Spinach)

F Entrée

Beef Hot Dogs with Onions & Relish
Tater Tots

Action Station Carved Beef Top Sirloin with Herb Mayo & Buns

Veg Station Vegan Brat
Roasted Cauliflower with Garlic
Steamed Broccoli

HANDCUT FOODS



Soup du Jour

Mon	Egg Drop
Tue	Cuban Black Bean
Wed	Cream of Tomato-Basil
Thurs	Chilled Gazpacho
Fri	Chicken Noodle

Dessert

Monday – Cinnamon Sugar Donut Holes

Tuesday – White Chocolate Chip
Brownies

Wednesday – USM Sugar Cookies

Thursday – Carrot Cake with Cream
Cheese Frosting

Friday – Ice Cream Cup

Daily Offerings

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Variety of Local Breads

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Seasonal Gourmet Greens
Assortment of Freshly Cut Toppings,
Grains & Legumes
House-Made Salad Dressings
House Made Croutons
Prepared Deli Salads Including:
Chicken Salad, Egg Salad, Tuna Salad
& Hummus
Assortment of Local and Seasonal Hand
Fruit, Flavored Low-Fat Yogurt

Beverages

Skim & 2% Milk
Assortment of 100% Juices
Seasonal House-Made Beverages

M Entrée

Rigatoni with Marinara or Roasted Garlic Alfredo Sauce
Breadsticks with Whipped Butter

Action Station Hoisin-Five Spiced Shredded Beef & Slider Buns

Veg Station Pasta or GF Pasta with Marinara
Steamed Green Beans
Italian Roasted Cauliflower

T Entrée

Red Chili Cheese Enchilada with Red Onion & Queso Fresco

Action Station Nacho Bar

Veg Station Cheese Enchilada
Fajita Vegetables
Cilantro-Lime Corn

W Entrée

Italian Beef with Giardiniera
Roasted Steak Fries

Action Station Gnocchi with Creamy Wild Mushroom Ragù

Veg Station Meatless "Beef" Crumbles with Buns
Roasted Summer Squash
Steamed Broccoli

Th Entrée

Parisian Chicken with Herbs de Provence & Mustard Cream Sauce
Orzo Pasta

Action Station Carved Roast Beef with Horseradish Cream & Rolls

Veg Station Herbs de Provence Tofu with Mustard Cream Sauce
French Beans Medley
Roasted Artichoke Hearts, Peppers & Eggplant Medley

F Entrée

Cheese or Pepperoni Pizza

Action Station Pesto Caprese Flatbread with Basil

Veg Station Spinach-Ricotta Calzone
GF Pizza
Assorted Vegetable Medley



Soup du Jour

Mon	Cream of Mushroom
Tue	Smoked Corn, Tomato & Bacon Chowder
Wed	End of Summer Vegetable with Wild Rice
Thurs	Coconut Curry & Spinach Bisque
Fri	Cream of Cauliflower with Cheddar

Dessert

Monday – Chocolate Chip Cookies
 Tuesday – Chocolate Churros
 Wednesday – Strawberry Shortcake
 Thursday – Fortune Cookies
 Friday – Rice Krispy Bars

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 & Hummus
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 Fruit, Flavored Low-Fat Yogurt

Beverages

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M Entrée

Cavatappi Pasta with Marinara or Alfredo Sauce
 Ciabatta Rolls with Whipped Butter

Action Station Sweet Chili Roasted Chicken Sliders

Veg Station Eggplant Parmesan
 Steamed Lemon Green Beans
 Parmesan Roasted Broccoli

T Entrée

Fajita Chicken Taco with Salsa, Sour Cream, Lettuce & Cheese
 Achiote Rice

Action Station Nacho Bar

Veg Station Vegan Chorizo Tostada
 Fajita Peppers
 Roasted Sweet Corn with Lime

W Entrée

Sloppy Joes
 Roasted Sweet Potatoes

Action Station Breakfast Bowls

Veg Station Vegan Lentil & Smoked Tofu Sloppy Joe
 Buffalo Roasted Cauliflower
 Honey Cinnamon Glazed Carrots

Th Entrée

Vietnamese Pork Bao with Sriracha Mayo
 Vegetable Fried Rice

Action Station Vegetable Ramen Bowl

Veg Station Sweet Chili Fried Tofu
 Braised Bok Choy
 Carrot, Broccoli & Pepper Stir Fry

F Entrée

Grilled Brats with Sauerkraut & Minced Onion
 Spaetzle

Action Station Carved Brisket with Root Beer BBQ Sauce

Veg Station Beyond Burger
 Steamed Broccoli
 Roasted Heirloom Carrots

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Spanish Rice

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Fajita Vegetables
Local Corn, Pepper & Tomato Saute

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Roasted Baby Red Potatoes with Garlic & Dill

Action Station Cheese Tortellini with Alfredo Sauce & Italian Sausage

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Steamed Cauliflower

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Vegetable Fried Rice

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Veg Station Korean BBQ Glazed Tofu & Tempeh
Steamed Green Beans
Cinnamon Honey Glazed Carrots

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French Fries

Action Station Carved Turkey Breast with Bacon Balsamic Jam

Veg Station Beyond Burger
Steamed Broccoli
Roasted Garlic Mashed Parsnips & Cauliflower