

## Soup du Jour

Mon	Tuscan Bread Soup with Kale & White Beans
Tue	Chipotle Sweet Potato & Corn Chowder
Wed	Chicken Noodle
Thurs	Kale & Miso
Fri	Baked Potato & Bacon Chowder

## Dessert

Monday – M & M Cookies

Tuesday – Lemon Bars

Wednesday – Sugar Cookies

Thursday – Chocolate Pudding,

Whipped Cream & Orea Crumbs

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** Roasted Italian Sausage, Pulled Chicken or Beef  
Meatballs

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

## T Entrée

Cilantro Lime Shredded Beef Tacos with Salsa, Sour Cream, Lettuce,  
Cheese & Flour Tortillas - Spanish Rice & Sofrito Beans

**Action Station** Shredded Chicken Nacho Bar

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

## W Entrée

Roasted Turkey & Smoked Gouda Melt  
House Made BBQ Potato Chips & Sweet & Smoky Baked Beans

**Action Station** Cheese Tortellini with Marinara Sauce & Italian  
Sausage

**Veg Station** Three Cheese, Tomato & Arugula Melt  
Roasted Zucchini & Squash with Herbs & Garlic  
Steamed Cauliflower

## Th Entrée

Buffalo Chicken Tenders – Carrot & Celery Sticks- Assorted Sauces  
Roasted Baby Red Potatoes with Garlic & Dill

**Action Station** Chicken Teriyaki Potstickers with Ponzu Dipping  
Sauce, Sticky Rice

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

## F Entrée

Beef Burgers with Lettuce, Tomato & Cheese  
Fresh House Made French Fries

**Action Station** Carved Turkey Breast with Natural Sauce, Cranberry  
Chutney & Wild Rice Salda

**Veg Station** Beyond Burger  
Seasonal Vegetable Medley

## Soup du Jour

Mon	Cream of Asparagus
Tue	Cuban Black Bean
Wed	Chicken Dumpling
Thurs	Curried Butternut Squash, Cauliflower & Coconut
Fri	Tomato-Basil Bisque

## M Entrée

Cavatappi Pasta with Tomato Basil Cream Sauce or Pesto Alfredo  
Sliced French Bread with Whipped Butter

**Action Station** Roasted Italian Sausage, Pulled Chicken or Beef Meatballs

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

## T Entrée

Shredded Pork al Pastore Tacos  
Flour Tortillas, Salsa, Shredded Lettuce & Cheese  
Achiote Rice

**Action Station** Bacon Cheeseburger Slider

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

## W Entrée

Popcorn Chicken with Assorted Dipping Sauces  
Parmesan-Spiced Potato Wedges & Mustard Spaetzle  
Parkhouse Dinner Roll

**Action Station** Assorted Sides & Dipping Sauces for Popcorn Chicken Bowl

**Veg Station** Vegan Chicken Stripes  
Roasted Baby Red Potatoes  
Pea, Corn & Carrot Medley

## Th Entrée

Pizza Day: Cheese, Pepperoni & sausage Pizzas

**Action Station** French Bread Pizza, Micro Basil & Balsamic Syrup

**Veg Station** Cheese Pizza or Spinach & Ricotta Calzone  
Gluten Aware & Dairy Free Pizza

## F Entrée- Annual Thanksgiving Feast

Roasted Turkey Breast - Natural Gravy  
House Made Cranberry Sauce  
Braised Turkey: Slow cooked, Savory, Boneless Shredded Thigh Meat

**Sides:** White Cheddar Mashed Potatoes, Classic Cornbread Stuffing, Green Bean Bake with Crispy Onion Straws, Smashed Sweet Potatoes with Caramelized Marshmallow topping  
Parker House Dinner Rolls with Whipped Butter

**Vegetarian:** Autumn Vegetable, Cranberry & Tofu Stuffed Acorn Squash

**Salad:** Roasted Brussels Sprout Salad with a Maple-Citrus Dressing

**Dessert:** White Chocolate-Pumpkin Mousse Cup with Graham Cracker Crumble & Cinnamon Whipped Cream

## Dessert

Monday – Oatmeal Raisin Cookies

Tuesday – White Cake with Chocolate Frosting

Wednesday – Chocolate Chip Cookies

Thursday – Vanilla Pudding

Friday – White-Chocolate Pumpkin Mousse

## 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



## Soup du Jour

Mon	Cream of Cauliflower with Cheddar
Tue	Cuban Black Bean
Wed	Cream of Mushroom
Thurs	Vegetable Miso
Fri	Chicken & Sausage Gumbo

## Dessert

Monday – Vanilla Cheesecake  
 Tuesday – Warm Chocolate Churros  
 Wednesday – Cereal Bar - BYO  
 Thursday – Carrot Cake with Cream Cheese Frosting  
 Friday – Assorted Donut Buffet

## 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

Rigatoni with Marinara or Italian Sausage & Mushroom Bolognese  
 Three Cheese Semolina Bread with Whipped Butter

**Action Station** Roasted Italian Sausage, Pulled Chicken or Beef Meatballs

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

## T Entrée

Burrito Bowl: Shredded Chicken & Chorizo, Fajita Peppers, Onions & Corn, Brown Rice or Cilantro-Lime Rice, Stewed Pinto Beans  
 Assorted Toppings

**Action Station** Smoked Cheddar Cheese Grits with Blackened Chicken & Corn Chow-Chow

**Veg Station** Cheese Enchilada  
 Fajita Vegetables  
 Cilantro-Lime Corn

## W Entrée

Italian Beef on French Roll with Giardiniera  
 Roasted Steak Fries

**Action Station** Gnocchi with Short Rib Ragu, Caramelized Pearl Onions, Mushrooms & Butternut Squash

**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** Tater Tot Poutine with White Cheddar Cheese Curds, Shredded Beef & Gravy

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

## F Entrée

All Beef Hot Dog on a Wheat Bun with Minced Onion & Pickle Relish  
 Baked Tater Tost tossed in a Ranch Powder

**Action Station** Chef Carved Meatloaf, Mushroom Gravy, Sour Cream Mashed Potatoes & Crispy Onion Straws

**Veg Station** Vegan Brat  
 GF Bun  
 Assorted Vegetable Medley

# M E N U

Upper School  
Week 4 Nov 25-29



## Soup du Jour

Mon	Cream of Broccoli with Cheddar
Tue	Chipotle Sweet Potato & Corn Chowder
Wed	White Bean & Chicken Chili
Thurs	Shiitake Egg Drop
Fri	Chicken, Bacon & Corn Chowder

## Dessert

Monday – M & M Cookies  
 Tuesday – Lemon Bars  
 Wednesday – Snickerdoodles  
 Thursday – Chocolate Pudding,  
 Whipped Cream & Orea Crumbs  
 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 Marinara or Alfredo Sauce  
 Ciabatta Rolls with Whipped Butter

**Action Station** Roasted Italian Sausage, Pulled Chicken or Beef  
 Meatballs

**Veg Station** Eggplant Parmesan  
 Steamed Lemon Green Beans  
 Parmesan Roasted Broccoli

## T Entrée

Ground Beef Taco with Salsa, Sour Cream, Lettuce & Cheese  
 Spanish Rice & Sofrito Beans

**Action Station** Nacho Bar with Queso Blanco, Roasted Corn,  
 Poblano Peppers 7 Agave Glazed Andouille Sausage

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

## W Entrée

Roasted Chicken & Broccoli Macaroni & Cheese  
 Parker House Dinner Rolls with Whipped Butter

**Action Station** Butternut Squash Ravioli, Mushroom-Sage Ragu &  
 Italian Sausage

**Veg Station** Creamy Macaroni & Cheese  
 Buffalo Roasted Cauliflower  
 Honey Cinnamon Glazed Carrots

## Th Entrée

Chicken Teriyaki  
 Vegetable Fried Rice

**Action Station** Bulgogi Shredded Pork Bao Buns, Pickled Cabbage  
 Slaw & Crunchy Spinach Greens

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

## F Entrée

Cheese Pizza & Pepperoni Pizza

**Action Station** French Bread Stuffed with Mozzarella, Pesto, Basil &  
 Balsamic Syrup Drizzle

**Veg Station** Spinach-Ricotta Calzone  
 Seasonal Vegetable Medley

**HANDCUT FOODS**

## Soup du Jour

Mon	Tomato Florentine
Tue	Chicken Tortilla
Wed	Chicken & Dumpling
Thurs	Rustic Tomato with Orzo
Fri	Beef Barley

## Dessert

Monday – Oatmeal Raisin Cookies

Tuesday – Warm Cinnamon Sugar

Donut Holes

Wednesday – Chocolate Chip Cookies

Thursday – Red Velvet Cake with Cream

Cheese Frosting

Friday – Ice Cream Cup

## 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

Cavatappi Pasta with Tomato-Basil Cream Sauce or Pesto Alfredo  
Sliced French Bread with Whipped Butter

**Action Station** Roasted Italian Sausage, Pulled Chicken or Beef  
Meatballs

**Veg Station** Pasta or GF Pasta with Marinara  
Steamed Broccoli with Lemon & Thyme  
Molasses Carrots

## T Entrée

Green Chili & Cheese Enchiladas with Sour Cream & Salsa  
Achiote Rice

**Action Station** Chicken Togarashi Slider, Crunchy Sriracha Slaw

**Veg Station** Veggie Tostadas with Beans, Vegan Chorizo & Tofu  
Chimichurri Charred Cauliflower  
Steamed Corn & Peppers

## W Entrée

Three Cheese & Bacon Melt on Sourdough  
House Made BBQ Potato Chips & Sweet & Smoky Baked Beans

**Action Station** Three Cheese Tortellini with Sun Dried Tomato-Pesto  
Sauce & Breaded Chicken Parmesan

**Veg Station** GF Dairy & Gluten Aware Melt with Arugula & Tomato  
Steamed Spinach & Sauteed Garlic  
Roasted Carrots with Rosemary & Garlic

## Th Entrée

Carribbean Jerk Chicken  
Roasted Pineapple Salsa, Garlic Butter Naan  
Brown Sugar Smashed Sweet Potatoes

**Action Station** Crispy Vegetable Egg Roll, Sweet Chili Sauce, Sticky  
Rice

**Veg Station** Cabbage Poriyal – Indian Braised Cabbage  
Szechuan Green Beans

## F Entrée

Grilled Wisconsin Brats, Brat Bun & Sauerkraut  
Sauteed Spaetzle with Whole Grain Mustard & Parsley Butter

**Action Station** Maple Roasted Pork Loin, Parmesan Whipped Red  
Potatoes & Natural Sauce

**Veg Station** Vegan Brat with Peppers & Onions  
Seasonal Vegetable Medley

## Soup du Jour

Mon	Tuscan Bread Soup with Kale & White Beans
Tue	Chipotle Sweet Potato & Corn Chowder
Wed	Chicken Noodle
Thurs	Kale & Miso
Fri	Baked Potato & Bacon Chowder

## Dessert

Monday – M & M Cookies

Tuesday – Lemon Bars

Wednesday – Sugar Cookies

Thursday – Chocolate Pudding,

Whipped Cream & Orea Crumbs

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** Roasted Italian Sausage, Pulled Chicken or Beef  
Meatballs

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

## T Entrée

Cilantro Lime Shredded Beef Tacos with Salsa, Sour Cream, Lettuce,  
Cheese & Flour Tortillas - Spanish Rice & Sofrito Beans

**Action Station** Shredded Chicken Nacho Bar

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

## W Entrée

Roasted Turkey & Smoked Gouda Melt  
House Made BBQ Potato Chips & Sweet & Smoky Baked Beans

**Action Station** Cheese Tortellini with Marinara Sauce & Italian  
Sausage

**Veg Station** Three Cheese, Tomato & Arugula Melt  
Roasted Zucchini & Squash with Herbs & Garlic  
Steamed Cauliflower

## Th Entrée

Buffalo Chicken Tenders – Carrot & Celery Sticks- Assorted Sauces  
Roasted Baby Red Potatoes with Garlic & Dill

**Action Station** Chicken Teriyaki Potstickers with Ponzu Dipping  
Sauce, Sticky Rice

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

## F Entrée

Beef Burgers with Lettuce, Tomato & Cheese  
Fresh House Made French Fries

**Action Station** Carved Turkey Breast with Natural Sauce, Cranberry  
Chutney & Wild Rice Salda

**Veg Station** Beyond Burger  
Seasonal Vegetable Medley



## Soup du Jour

Mon	Cream of Asparagus
Tue	Chicken Tortilla
Wed	Chicken Dumpling
Thurs	Curried Butternut Squash, Cauliflower & Coconut
Fri	Tomato-Basil Bisque

## Dessert

Monday – Oatmeal Raisin Cookies

Tuesday – White Cake with Chocolate Frosting

Wednesday – Chocolate Chip Cookies

Thursday – Warm Cinnamon Sugar Donut Holes

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

Cavatappi Pasta with Tomato Basil Cream Sauce or Pesto Alfredo  
Sliced French Bread with Whipped Butter

**Action Station** Roasted Italian Sausage, Pulled Chicken or Beef Meatballs

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

## T Entrée

Chicken & Cheese Quesadilla with Sour Cream & Salsa  
Achiote Rice

**Action Station** Bacon Cheeseburger Slider

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

## W Entrée

Candied Bacon & Jalapeno Macaroni & Cheese  
Parker House Rolls with Whipped Butter

**Action Station** Cheese Ravioli with Pumpkin Alfredo Sauce, Crispy Prosciutto & Toasted Pumpkin Seeds

**Veg Station** Creamy Macaroni & Cheese  
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** Vietnamese Pork Bao Bun, Pickled Daikon Slaw & Sriracha Mayo

**Veg Station** Curry & Sweet-Chili Tofu  
Roasted Curried Vegetables  
Saag (Curried, Creamed Spinach)

## F Entrée

Cheese Pizza & Pepperoni Pizza

**Action Station** French Bread Pizza – Buffalo Mozzarella, Pesto, Basil & Balsamic Syrup Drizzle

**Veg Station** Gluten Aware Pizza  
Seasonal Vegetable Meledy