

MENU

PS, Lower & Middle School
Week 1 Nov 4 – 8



M Entrée

Beef Sloppy Joe Sandwich or
Vegan Lentil Sloppy Joe
Baked Tater Tots
Steamed Cauliflower

Soup Chicken Noodle Soup

Salad Bar Caprese Salad

T Entrée

Chicken Cheese Quesadilla
Cheese Quesadilla
Steamed Rice
Roasted Zucchini

Soup Cream of Mushroom Soup

Salad Bar Guacamole with Tortilla Chips

W Entrée

Chicken Macaroni & Cheese or
Macaroni & Cheese
Garlic Butter Breadsticks
Country Blend Mixed Vegetables

Soup Creamy Baked Potato, Bacon, Cheddar Soup

Salad Bar Caesar Salad with House Made Dressing

Dessert Cinnamon Sugar Donut Holes

Th Entrée

Mini Italian Beefs on French Rolls or
Italian Tofu with Peppers & Onions
Orzo Pilaf
Sautéed Peppers & Onions

No Service

Soup Tomato Basil Soup

Salad Bar Loaded Potato Salad

F Entrée

All Beef Hamburger with Whole Wheat Bun or
Chipotle Black Bean Burger
Roasted Steakhouse Potato Wedges
Seasoned Green Beans

No Service

Soup Beef Chili with Noodles

Salad Bar Florentine Pasta Salad

Dessert Chocolate Chip Cookies

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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

HANDCUT FOODS

MENU

PS, Lower & Middle School
Week 2 Nov 11 – 15



M Entrée

Popcorn Chicken or
Meatless Chicken
Baked Tater Tots
Steam Cauliflower

Soup Tomato Basil Soup

Salad Bar American Pasta Salad

T Entrée

Three Cheese Mac and Cheese
Parker House Rolls
Steamed Carrots

Soup Chicken and Rice Soup

Salad Bar Caprese Salad

W Entrée

Crispy Chicken Sandwich
Spaetzle Dumplings
Steamed Carrots

Soup Italian Chicken Pastina Soup

Salad Bar Mediterranean Orzo Pasta Salad with Feta

Dessert Churros

Th Entrée

Baked House-made Cinnamon French Toast
Breakfast Potatoes
Turkey Sausage Links or Vegetarian Links

Soup Old Fashioned Cinnamon Oatmeal with Apples

Salad Bar Strawberry & Vanilla Yogurt with House Made Granola

F Entrée **Traditional Thanksgiving Dinner**

Roasted Turkey Breast
Natural Gravy & Cranberry-Apple Chutney
Whipped Parmesan Mashed Potatoes
Green Bean Bake with Crispy Onions
Baked Sage Stuffing, Sweet Potato Casserole
Brussels Sprouts with Bacon, Dinner Rolls

Soup Chicken & Rice

Salad Bar Brussels Sprout, Apple, Pears & Pomegranate Salad
Citrus Vinaigrette

Dessert 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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

HANDCUT FOODS

MENU

PS, Lower & Middle School
Week 3 Nov 18 - 22



M Entrée

Buffalo Chicken Tenders or
Breaded Cauliflower 'Wings'
Roasted Potatoes
Buttered Corn

Soup Cheeseburger Soup

Salad Bar American Macaroni Salad

T Entrée

Beef Taco with Flour Tortillas or
Vegan Refried Bean Tacos
Steamed White Rice
Roasted Zucchini

Soup Creamy Corn Chowder

Salad Bar Quinoa, Corn & Black Bean Salad

W Entrée

Three Cheese Ravioli with Marinara Sauce
Ciabatta Roll
Steamed Green Beans

Soup Cream of Broccoli & Cheddar

Salad Bar Mediterranean Bowtie Pasta Salad

Dessert Chocolate Chip Cookie

Th Entrée

Bagel Cheese Pizza
Parmesan Potato Wedges
Steamed Cauliflower

Soup Tomato Soup

Salad Bar Creamy Broccoli Salad

F Entrée

Hot Dog with Whole Wheat Bun or Plant Based Brat
Baked Beans
Honey Glazed Carrots

Soup Chicken Noodle Soup

Salad Bar Sweet Potato, Apple, Cranberry, Spinach Salad

Dessert Rice Krispy Treats

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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

HANDCUT FOODS

MENU

PS, Lower & Middle School
Week 4 Nov 25 - 29



M Entrée

Teriyaki Chicken
Soy Ginger Marinated Tofu
Vegetable Egg Stir Fried Rice
Broccoli with Sweet Pepper Sauce

Soup Eggdrop Soup

Salad Bar Asian Noodle Salad

T Entrée

Chicken Cheese Quesadilla
Cheese Quesadilla
Steamed Rice
Refried Beans, Vegan
Roasted Zucchini

Soup Chicken Noodle Soup

Salad Bar Sweet Potato, Apple, Cranberry, Spinach Salad

W

Entrée

Baked Spaghetti with Meat Sauce or
Baked Spaghetti with Marinara
Parker House Roll
Roasted Squash

No Service

Soup Creamy Roasted Butternut Squash Soup

Salad Bar Caesar Salad with House Made Dressing

Dessert Powdered Sugar Donut Holes

Th

Entrée

Deluxe Cheese Pizza
Italian Sausage
Steamed Cauliflower

No Service

Soup Chicken and Dumpling Soup

Salad Bar Mediterranean Orzo Pasta Salad with Feta

F

Entrée

Turkey Melt
Grilled Cheese Sandwich
Roasted Red Potatoe Wedges
Steamed Green Beans

No Service

Soup Beef Chili with Noodles

Salad Bar Broccoli Slaw, Ginger, Cilantro Vinaigrette

Dessert M&M Cookies

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

HANDCUT FOODS

MENU

PS, Lower & Middle School

Week 5 Dec 2 - 6



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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

M Cheesy Scrambled Eggs or Scrambled Tofu
Breakfast Potatoes with Caramelized Onions
Breakfast Sausage or Vegetarian Breakfast Sausage

Soup Old Fashioned Cinnamon Oatmeal with Apples
Salad Bar Strawberry & Vanilla Yogurt with House Made
Granola

T Adobo Marinated Chicken Tacos
Vegan Refried Bean Tacos
Steamed White Rice
Steamed Carrots

Soup Chicken Noodle Soup
Salad Bar Pico de Gallo with Tortilla Chips

W Entrée

Cheese Tortellini with Marinara Sauce
Ciabatta Roll
Steamed Green Beans

Soup Cream of Broccoli & Cheddar
Salad Bar Caesar Penne Pasta Salad with tomatoes
Dessert Brownies

Th Entrée

Three Cheese Grilled Cheese Sandwich
Potato Chips
Steamed Broccoli

Soup Tomato Soup
Salad Bar Roasted Butternut Squash, Bacon, Quinoa, Feta
Cheese Salad, Apple Cider Vinaigrette

F Entrée

Traditional Gyro or Tofu Gyro with Tzatziki & Whole
Wheat Pita
Roasted Greek Potatoes
Steamed Cauliflower

Soup Greek Chicken Soup
Salad Bar Greek Salad w/ Feta & Lemon Parsley Vinaigrette
Dessert Rice Krispy Treats

HANDCUT FOODS

MENU

PS, Lower & Middle School
Week 1 Dec 9 – 13



M Entrée

Beef Sloppy Joe Sandwich or
Vegan Lentil Sloppy Joe
Baked Tater Tots
Steamed Cauliflower

Soup Chicken Noodle Soup

Salad Bar Caprese Salad

T Entrée

Chicken Cheese Quesadilla
Cheese Quesadilla
Steamed Rice
Roasted Zucchini

Soup Cream of Mushroom Soup

Salad Bar Guacamole with Tortilla Chips

W Entrée

Chicken Macaroni & Cheese or
Macaroni & Cheese
Garlic Butter Breadsticks
Country Blend Mixed Vegetables

Soup Creamy Baked Potato, Bacon, Cheddar Soup

Salad Bar Caesar Salad with House Made Dressing

Dessert Cinnamon Sugar Donut Holes

Th Entrée

Mini Italian Beefs on French Rolls or
Italian Tofu with Peppers & Onions
Orzo Pilaf
Sautéed Peppers & Onions

Soup Tomato Basil Soup

Salad Bar Loaded Potato Salad

F Entrée

All Beef Hamburger with Whole Wheat Bun or
Chipotle Black Bean Burger
Roasted Steakhouse Potato Wedges
Seasoned Green Beans

Soup Beef Chili with Noodles

Salad Bar Florentine Pasta Salad

Dessert Chocolate Chip Cookies

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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

HANDCUT FOODS

MENU

PS, Lower & Middle School
Week 2 Dec 16 – 20



M Entrée

Three Cheese
Pizza
Roasted WI Kielbasa Sausage
Honey Glazed Carrots

Soup Creamy Tomato Basil, Cheese Tortellini Soup

Salad Bar American Macaroni Salad

T Entrée

Baked House-made Cinnamon French Toast
Breakfast Potatoes
Turkey Sausage Links or Vegetarian Links

Soup Old Fashioned Cinnamon Oatmeal with Apples

Salad Bar Strawberry & Vanilla Yogurt with House Made Granola

W Entrée

Gemelli Pasta with Marinara & Italian Sausage or
Gemelli Pasta with Marinara
Parker House Roll
Steamed Broccoli

Soup Italian Chicken Pastina Soup

Salad Bar Mediterranean Orzo Pasta Salad with Feta

Dessert Churros

Th Entrée

Crispy Chicken Sandwich
Spaetzle Dumplings
Steamed Carrots

Soup Italian Chicken Pastina Soup

Salad Bar Mediterranean Orzo Pasta Salad with Feta

F Entrée

Turkey & Cheddar Sub Sandwich or Cheese Sandwich
Potato Chips

Soup Chicken and Dumpling Soup

Salad Bar Vegetable Crudite

Dessert Oatmeal Raisin Cookies

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

2% Milk
Chocolate Milk (Limited)
Seasonal House-Made Aqua
Fresca

HANDCUT FOODS