

MIEN U

PS, Lower & Middle School

Week 1 Sept 30 – Oct 4



M Entrée

Three Cheese
Pizza
Roasted WI Kielbasa Sausage
Honey Glazed Carrots

Soup Philly Cheesesteak Soup
Salad Bar American Macaroni Salad

T Entrée

Korean BBQ Beef or Korean BBQ Tofu
Steamed Rice
Korean Zucchini

Soup Chicken Noodle Soup
Salad Bar Asian Noodle Salad

W Entrée

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

Soup Cream of Broccoli & Cheddar Soup
Salad Bar Moroccan Couscous Salad

Dessert Churros

Th Entrée

Baked House-made Cinnamon French Toast or
Pancakes
Breakfast Potatoes with Caramelized Onions
Turkey Sausage Links or Vegetarian Links

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

F Entrée

Ham & Cheddar Sub Sandwich or Cheese Sandwich
Potato Chips

Soup Chicken Noodle 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

MENU

PS, Lower & Middle School
Week 2 Oct 7-11



M Entrée

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

Soup Chicken Noodle Soup

Salad Bar Caprese Salad

T Entrée

Cheddar Cheese Quesadilla
Steamed Rice
Ancho Roasted Zucchini

Soup Southwestern Chicken Soup

Salad Bar Peruvian Salad w/ Quinoa, Corn & Potatoes

W Entrée

Baked Macaroni & Cheese
Breadsticks
Mixed Vegetables

Soup Chicken & Dumpling 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

Sauteed Peppers & Onions

Soup Creamy Tomato

Salad Bar Dijon Roasted 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 House Made 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

M E N U

PS, Lower & Middle School
Week 4 Oc 14-18



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
Quinoa, Corn & Black Bean Salad Tacos
Mexican Rice
Ancho Roasted Squash

Soup Chicken Enchilada Soup

Salad Bar Quinoa, Corn & Black Bean Salad

W Entrée

Three Cheese Ravioli with Marinara Sauce
Ciabatta Roll
Seasoned 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
Roasted 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 Corn

Soup Chicken Noodle Soup

Salad Bar Sweet & Sour Cole Slaw

Dessert Sugar Cookie

No Service

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

M E N U

PS, Lower & Middle School
Week 4 Oct 21-25



M

Entrée

French Bread Pizza with Italian Sausage or
French Bread Cheese Pizza
Roasted Cauliflower

No Service

Soup

Chicken & Dumpling Soup

Salad Bar

Mediterranean Couscous Salad

T

Entrée

Cheese Quesadilla
Cilantro-Lime Brown Rice
Fajita Vegetables

Soup

Chicken Tortilla Soup with Fried Corn & Tortilla Strips

Salad Bar

Black Bean & Roasted Corn Salad

W

Entrée

Baked Spaghetti with Meat Sauce or
Baked Spaghetti with Marinara
Parker House Roll
Roasted Squash with Italian Herbs & Garlic

Soup

Chicken Noodle Soup

Salad Bar

Caesar Salad with House Made Dressing

Dessert

Powdered Sugar Donut Holes

Th

Entrée

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

Soup

Shiitake Egg Drop Soup

Salad Bar

Asian Noodle Salad

F

Entrée

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

Soup

Shiitake Egg Drop Soup

Salad Bar

Asian Noodle Salad

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

M E N U

PS, Lower & Middle School
Week 5 Oct 28-Nov 1



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 Pork Tacos or
Quinoa, Corn & Black Bean Tacos

Soup Chicken Noodle Soup
Salad Bar Mexican Street Corn Salad

W Entrée

Cheese Tortellini with Marinara Sauce
Ciabatta Roll
Roasted Green Beans with Garlic & Herbs

Soup Cream of Broccoli & Cheddar
Salad Bar Panzanella Salad
Dessert Brownies

Th Entrée

Three Cheese Grilled Cheese Sandwich
Potato Chips
Steamed Broccoli

Soup Tomato Soup
Salad Bar Summer Pasta Salad

F Entrée

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

Soup Greek Chicken Soup
Salad Bar Greek Salad w/ Feta & Lemon Parsley Vinaigrette
Dessert Snickerdoodle Cookie

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