

MENU

PS, Lower & Middle School
Week 1 Jan 6-10



M Entrée

Penne Pasta
Marinara Sauce
Buttered Corn
Sliced French Bread

T Entrée

Hot Dogs or Plant Based Brat
Potato Chips
Steamed Broccoli

W Entrée

Grilled Cheese
Roasted Red Potatoes
Steamed Green Beans

Dessert M & M Cookies

Th Entrée

Popcorn Chicken or breaded cauliflower
Tater Tots
Steamed Cauliflower

F Entrée

Pizza Bagel Cheese
Focaccia Bread
Steamed Carrots

Dessert Cinnamon Sugar Donut Holes

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

MIENNU

PS, Lower & Middle School
Week 2 Jan 13-17



M Entrée

Cheese Tortellini
Bread Sticks
Buttered Peas & Carrots

T Entrée

Burger or Black Bean Burger
Baked Steak Fries
Steamed Broccoli

W Entrée

Beef Sloppy Joe or Lentil sloopy joe
Roasted Red Potatoes
Steamed Cauliflower

Dessert Sugar Cookies

Th Entrée

Cheese Quesadilla
Steamed White Rice
Sauteed Bell Peppers

F Entrée

French Bread Pizza
Parkerhouse Rolls
Steamed Carrots

Dessert Oreo 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 3 Jan 20-24



M Entrée

Cavatappi Pasta
Marinara Sauce
Asiago Roll
Steamed Cauliflower

No Service

T Entrée

Chicken Teriyaki or Tofu Teriyaki
Steamed White Rice
Green Beans

W Entrée

Mac & Cheese
Parkerhouse Dinner Roll
Steamed Broccoli

Dessert Chocolate Chip Cookies

Th Entrée

Warm Turkey & Cheddar Melt or Cheese Melt
Potato Chips
Steamed Carrots

F Entrée

Mini Italian Beef Sandwich or Grilled Cheese
3-Cheese Semolina Bread
Buttered Corn

Dessert Cinnamon Churros

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

MIENNU

PS, Lower & Middle School
Week 1 Jan 27-31



M Entrée

Penne Pasta
Marinara Sauce
Buttered Corn
Sliced French Bread

T Entrée

Hot Dogs or Plant Based Brat
Potato Chips
Steamed Broccoli

W Entrée

Grilled Cheese
Roasted Red Potatoes
Steamed Green Beans

Dessert M & M Cookies

Th Entrée

Popcorn Chicken or breaded cauliflower
Tater Tots
Steamed Cauliflower

F Entrée

Pizza Bagel Cheese
Focaccia Bread
Steamed Carrots

Dessert Cinnamon Sugar Donut Holes



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

MIENNU

PS, Lower & Middle School
Week 2 Feb 3-7



M Entrée

Cheese Tortellini
Bread Sticks
Buttered Peas & Carrots

T Entrée

Burger or Black Bean Burger
Baked Steak Fries
Steamed Broccoli

W Entrée

Beef Sloppy Joe or Lentil sloopy joe
Roasted Red Potatoes
Steamed Cauliflower

Dessert Sugar Cookies

Th Entrée

Cheese Quesadilla
Steamed White Rice
Sauteed Bell Peppers

F Entrée

French Bread Pizza
Parkerhouse Rolls
Steamed Carrots

Dessert Oreo 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 Entrée

Cavatappi Pasta
Marinara Sauce
Asiago Roll
Steamed Cauliflower

T Entrée

Chicken Teriyaki or Tofu Teriyaki
Steamed White Rice
Green Beans

W Entrée

Mac & Cheese
Parkerhouse Dinner Roll
Steamed Broccoli

Dessert Chocolate Chip Cookies

Th Entrée

Warm Turkey & Cheddar Melt or Cheese Melt
Potato Chips
Steamed Carrots

F Entrée

Mini Italian Beef Sandwich or Grilled Cheese
3-Cheese Semolina Bread
Buttered Corn

Dessert Cinnamon Churros

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

MIENNU

PS, Lower & Middle School
Week 1 Feb 17-21



M Entrée

Penne Pasta
Marinara Sauce
Buttered Corn
Sliced French Bread

T Entrée

Hot Dogs or Plant Based Brat
Potato Chips
Steamed Broccoli

W Entrée

Grilled Cheese
Roasted Red Potatoes
Steamed Green Beans

Dessert M & M Cookies

Th Entrée

Popcorn Chicken or breaded cauliflower
Tater Tots
Steamed Cauliflower

F Entrée

Pizza Bagel Cheese
Focaccia Bread
Steamed Carrots

Dessert Cinnamon Sugar Donut Holes

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

MIENNU

PS, Lower & Middle School
Week 2 Feb 24-28



M Entrée

Cheese Tortellini
Bread Sticks
Buttered Peas & Carrots

T Entrée

Burger or Black Bean Burger
Baked Steak Fries
Steamed Broccoli

W Entrée

Beef Sloppy Joe or Lentil sloopy joe
Roasted Red Potatoes
Steamed Cauliflower

Dessert Sugar Cookies

Th Entrée

Cheese Quesadilla
Steamed White Rice
Sauteed Bell Peppers

F Entrée

French Bread Pizza
Parkerhouse Rolls
Steamed Carrots

Dessert Oreo 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